



Group Mandatory Disclosure Statement

Denver DBT and Psychotherapy, Inc.

1660 S. Albion St, Suite #602

Denver, CO 80222

Welcome to Denver DBT and Psychotherapy, Inc. (hereafter referred to as Denver DBT). Please read this document carefully, as it contains important information about Denver DBT's professional services and business policies. If you have any questions or would like additional information, please let us know. When you sign this document, it will represent an agreement between us regarding professional services.

Please Note: All clients fifteen (15) years and older must sign this disclosure statement. A parent or legal guardian with authority to consent to mental health services for the minor child/ren must sign this disclosure on behalf of the minor child under the age of fifteen (15) years old. An exception to this is if a child age 12 or older is unable to obtain parental/guardian consent (they may consent to their own treatment per Colorado law).

Group Therapy Services

We're glad you're interested in our Dialectical Behavior Therapy Skills Training group and look forward to potentially working with you! Dialectical Behavior Therapy Skills Training is an educational and experiential group aimed at helping individuals to more effectively manage emotions and improve overall quality of life. The purpose of the initial intake session(s) is to evaluate your needs and, with you, determine if this group will be appropriate. For medication evaluation and management, you would need to consult your Primary Care Physician or a psychiatrist.

Dialectical Behavioral Group Therapy is not like a medical doctor visit and instead calls for you to be an active participant in the process, both in sessions and between sessions. All therapy can have benefits and risks. DBT Group has the potential to be extremely beneficial, leading to improved relationships, reduced symptoms/feelings of "stuckness", increased coping skills, greater ability to effectively problem-solve, and an increased sense of freedom, meaning and ease in your life. Being a part of a DBT Group occasionally involves discussing difficult topics that might bring up uncomfortable emotions such as sadness, anger, guilt, or hopelessness. There is no guarantee that therapy will yield positive results, and sometimes you have to feel worse before you feel better. Every effort will be made to provide you with a positive and healing experience, but

every group therapy experience is unique and varies among individuals (even within the same group).

If you ever have questions or concerns about the group, please feel free to discuss those with your group leader/leaders. If we determine that you are not benefitting from group or need a different level of care, we will work with your individual therapist to help you find appropriate referral resources.

By committing to our group, you are also committing to having regular individual therapy. This therapy may take place within or outside of Denver DBT. The minimum requirement to participate in group is once per month individual therapy though more frequent sessions are recommended to expedite growth/change and provide additional support.

Therapist Education, Licensure, and Training

The following information is provided about our clinical staff:

Andrew Arriaga, PhD (Colorado License #6795)
PhD in Counseling Psychology, University of Texas at Austin, 2023
MA in Counseling Psychology, University of Texas at Austin, 2020
BA in Identity, Culture and the Arts, New York University, 2009

Kritika Dwivedi, PsyD (Unlicensed Psychotherapist, NLC #0106888; supervised by Jeffrey Jordan, Licensed Professional Counselor (#13469))
PsyD in Clinical Psychology, University of Denver, 2016
MA in Clinical Psychology, University of Denver, 2013
BA in Philosophy, Colorado College, 2008

Adrienne Franks, PsyD (Colorado License #4529)
PsyD in Clinical Psychology, University of Denver, 2015
MA in Counseling Psychology, Argosy University, 2011
BS in Biopsychology, University of California, Santa Barbara, 2006

Lindsey Gagnon, PsyD (Colorado License #5231)
PsyD in Clinical Psychology, University of Denver, 2015
MA in Clinical Psychology, University of Denver, 2012
BA in Psychology, University of Texas at Austin, 2005

Sydney Kelly, PsyD (Psychological Candidate PSYC.00016113; supervised by Nikki Kraslin, PsyD, Colorado License #2981)
PsyD in Clinical Psychology, The California School of Professional Psychology/Alliant International University, 2025
MA in Clinical Psychology, The California School of Professional Psychology/Alliant International University, 2023
BA in Psychology and Spanish, Stonehill College, 2017

Callison (Callie) Kernick, PsyD (Colorado License #6554)
PsyD in Clinical Psychology, University of Denver, 2023
MA in Clinical Psychology, University of Denver, 2020
BA in Psychology and French, Pomona College, 2018

Nikki Kraslin, PsyD (Colorado License #2981)
PsyD in Clinical Psychology, University of Denver, 2004
MA in Clinical Psychology, University of Denver, 2002
BA in Clinical Psychology, Tufts University, 1998

Brooke Lanigan, PsyD (Colorado License #6568)
PsyD in Clinical Psychology, William James College, 2023
MA in Clinical Psychology, William James College, 2020
BA in Cellular Neuroscience, Colgate University, 2015

Carrie Simpson, MA
MA in Educational Psychology, University of Colorado, Denver, 2013
BA in Environmental Science, Northwestern University, 1997

Lindsey Waxman, PsyD (Colorado License #6881)
PsyD in Clinical Psychology, The Chicago School, 2024
MA in Clinical Psychology, The Chicago School, 2021
BA in Psychology, Northwestern University, 2018

Zachary Weiss, PsyD (Colorado License #6354)
PsyD in Clinical Psychology, University of Denver, 2022
MA in General Psychology, Adelphi University, 2015
BA in Psychology, Muhlenberg College, 2013

Regulation of Mental Health Professionals

The Colorado Division of Regulatory Agencies has the general responsibility of regulating the practice of licensed psychologists, licensed clinical social workers, licensed professional counselors, licensed marriage and family therapists, certified school psychologists, and unlicensed individuals who practice psychotherapy.

The Agency within the Department that has responsibility specifically for licensed and unlicensed psychotherapists is the State Grievance Board: 1560 Broadway, Suite 1340, Denver, CO 80202; 303-894-7766. Unlicensed Psychotherapists are regulated by the Colorado State Board of Unlicensed Psychotherapists within the Mental Health Licensing Section of the Division of Professions and Occupations (same contact information as the State Grievance Board). Alcohol and Drug Abuse Counselors are regulated by the Colorado Department of Health: Director, Alcohol and Drug Abuse Division, Colorado Department of Health, 4210 East 11th Avenue, Denver, CO 80220; 303-331-8201. *

*As to the regulatory requirements applicable to mental health professionals: a Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a

masters degree in their profession and have two years of post-masters supervision. A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision. A Licensed Social Worker must hold a masters degree in social work. A Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure. A Certified Addiction Counselor I (CAC I) must be a high school graduate, and complete required training hours and 1,000 hours of supervised experience. A CAC II must complete additional required training hours and 2,000 hours of supervised experience. A CAC III must have a bachelors degree in behavioral health, and complete additional required training hours and 2,000 hours of supervised experience. A Licensed Addiction Counselor must have a clinical masters degree and meet the CAC III requirements. A registered psychotherapist is a psychotherapist listed in the State's database and is authorized by law to practice psychotherapy in Colorado but is not licensed by the state and is not required to satisfy any standardized educational or testing requirements to obtain a registration from the state.

If at any time you are dissatisfied with our services, we encourage you to discuss your concerns with your group leader/leaders directly. If for any reason, we are unable to resolve the situation to your satisfaction, you may file a complaint with the Colorado State Board of Psychologist Examiners via the contact information listed above.

Client Rights and Important Information

You are entitled to receive information from us about our methods of therapy, the techniques we use, the duration of group therapy, and our fee structure. Please ask if you would like to receive this information. You may seek a second opinion from another therapist or terminate group at any time.

In a professional relationship such as ours, sexual intimacy is never appropriate. If sexual intimacy ever occurs, it should be reported to the State Board of Psychologist Examiners at (303) 894-2291, 1560 Broadway, Suite 1350, Denver, CO 80202.

If you have any questions or would like additional information, please feel free to ask.

Financial Agreement

Our intake coordinator generally reviews the intake fee, group fees and session lengths before scheduling your first appointment. If these have not been discussed with you or if you have any questions about our fees/session lengths, please ask.

Please note that we are happy to collaborate with your individual therapist for occasional, brief conversations free of charge. Tasks such as additional phone conversations with you or professionals/family members who you have authorized us to speak to on your behalf and/or any other tasks that you request beyond our scheduled therapy groups will be billed at **\$100/hour** and prorated accordingly.

Please note that you are always welcome to schedule 1:1 sessions with your group leader and those will be billed at their standard session fee. Let us know if you have any questions about when this

might be useful or when we would bill for additional administrative time.

Payment for group is collected on a monthly basis and is expected at the beginning of each month. Should you accrue a balance that is outstanding and are unwilling to pay it in a timely manner (by the end of the month), you will be asked to leave group. If your account has not been paid for more than thirty (30) days and payment arrangements have not been agreed upon, your account will be considered past due and Denver DBT has the option of using legal means to secure the payment. This may involve using a collection agency or filing a claim in small claims court. In collection situations, Denver DBT will make all efforts to release the minimum information necessary to proceed with collections or a claim, which will include the client's name, dates, times, and the nature of services, and the amount due. Before engaging a collection agency, Denver DBT will provide you with written notice of our intent to do so, sent to your last address in our records, and give you an opportunity to make payment arrangements.

For those wishing to pay by credit card, we offer payment via a HIPAA compliant app called Ivy Pay. By signing up for the app, you authorize Denver DBT and Psychotherapy to use the application to charge therapy fees and/or to settle any outstanding balances accrued during treatment. You will receive immediate notification via text message about any Ivy Pay charges to your credit card. By signing below, you are agreeing to contact your group leader/leaders if you have any concerns or questions regarding charges to your account or if the charge fails to post to your account. You are further agreeing to not dispute any charges with your credit card company until you have first attempted to rectify the situation directly with Denver DBT and Psychotherapy.

Medicaid

We do not accept Medicaid for our groups. If you have Medicaid coverage that includes mental health services, we are not able to offer group mental health services to you.

Health Insurance & No Surprise Billing

Denver DBT does not accept insurance for DBT Groups. We are a self-pay practice (we do not bill insurance for you); thus, you are voluntarily choosing to work with an out-of-network provider. This means that you will be responsible for payment of all fees and are intentionally receiving services from an out-of-network provider. Unless you arrange something else with us, we expect your fee for service at the time of service (fees for group are collected at the beginning of each month). You are welcome to submit receipts for reimbursement to your insurance provider. Reimbursement checks are generally sent by the insurance company directly to you. Please notify us if you are arranging something else with your insurance company.

Beginning January 1, 2020, Colorado state law protects people with "CO-DOI" on their health insurance ID cards from "surprise billing," also known as "balance billing." This law does NOT apply to ALL Colorado health plans. It only applies if you have a "CO-DOI" on your health insurance ID card. These protections apply when: you receive covered emergency services, other than ambulance services, from an out-of-network provider in Colorado, and/or you unintentionally receive covered services from an out-of-network provider at an in-network facility in Colorado. If you are seen by a health care provider or use services in a facility or agency that is not in your

health insurance plan's provider network, sometimes referred to as "out-of-network," you may receive a bill for additional costs associated with that care. Out-of-network health care providers often bill you for the difference between what your insurer decides is the eligible charge and what the out-of-network provider bills as the total charge.

If you are receiving emergency services, the most you can be billed for is your plan's in-network cost-sharing amounts, which are copayments, deductibles, and/or coinsurance. You cannot be balance-billed for any other amount. This includes both the emergency facility where you receive emergency services and any providers that see you for emergency care. The health care provider must tell you if you are at an out-of-network location or at an in-network location that is using out-of-network providers. They must also tell you what types of services that you will be using may be provided by any out-of-network provider. You have the right to request that in-network providers perform all covered medical services. However, you may have to receive medical services from an out-of-network provider if an in-network provider is not available. In this case, the most you can be billed for covered services is your in-network cost-sharing amount, which are copayments, deductibles, and/or coinsurance. These providers cannot balance bill you for additional costs.

There are additional protections with the passage of this bill, including: your insurer must pay out-of-network providers and facilities directly, your insurer must count any amount you pay for emergency services or certain out-of-network services (described above) toward your in-network deductible and out-of-pocket limit and your provider, facility, hospital, or agency must refund any amount you overpay within sixty days of being notified.

No one, including a provider, hospital, or insurer can ask you to limit or give up these rights. If you receive services from an out-of-network provider, facility, agency or other situation, you may still be balance billed, or you may be responsible for the entire bill. If you intentionally receive non-emergency services from an out-of-network provider or facility, you may also be balance billed. If you want to file a complaint against your health care provider, you can submit an online complaint by visiting this website: https://www.colorado.gov/pacific/dora/DPO_File_Complaint. If you think you have received a bill for amounts other than your copayments, deductible, and/or coinsurance, please contact the billing department, or the Colorado Division of Insurance at 303-894-7490 or 1-800-930-3745. Please contact your health insurance plan at the number on your health insurance ID card or the Colorado Division of Insurance with questions.

We cannot guarantee any insurance reimbursement for our DBT groups. If you are planning to submit receipts to your insurance company, we recommend that you call the company first to inquire about your deductible, as well as what percentage (if any) your insurance will reimburse once your deductible is met. Please note that (unless indicated earlier in this disclosure) we are "out-of-network providers."

Cancellations and No Shows

48-hour advanced notice is required for intake and/or individual therapy cancellations and requested for group cancellations. If advanced notice is not provided, clients will be charged the

full session fee for the missed session. Emergency situations (i.e. sudden illness, serious weather, death in family) are exceptions to this rule and will be evaluated on a case-by-case basis. Group clients are responsible for paying a monthly fee to secure their group spot; this fee will not be impacted by cancellations/missed sessions.

Record-Keeping

Your records will be kept for the time period required by law (C.R.S. § 12-245-226(1)(a)(II)(A)), but no less than 7 years. Records may not be retained after that period. Any complaint filed against a behavioral health professional alleging a maintenance-of-records violation must be commenced within 7 years after the alleged act (or failure to act) giving rise to the complaint. When the client is a child, the records must be maintained for a period of seven years commencing either upon the last day of treatment or when the child reaches 18 years of age, whichever comes later. After this time, records may be destroyed.

Legal Proceedings

As a general rule, we do not get involved in legal proceedings, as this can have a negative impact on our therapeutic work together and is outside the scope of our role as a treating therapist. If you become involved in legal proceedings and compel us to participate through a subpoena or court order, we will charge our full professional hourly fee for services related to your legal matter. You will be responsible for paying for any professional time we spend on your legal matter, even if the request comes from another party. Professional time spent on your legal matter includes, but is not limited to: attorney fees that we may incur in preparing for or complying with the requested legal services; testimony related matters such as case research, report writing, travel, depositions, actual testimony, cross examination, and courtroom waiting time. Please note that (other than in extenuating circumstances) we will not provide evaluations or expert testimony in court. Such services should be provided by an outside provider in order to preserve our therapy relationship.

Confidentiality

Generally speaking, information provided by and to a client in a professional relationship with a psychotherapist is legally confidential, and the therapist cannot disclose the information without the client's consent. There are exceptions to the general rule of legal confidentiality, some of which are listed in the Colorado Revised Statutes (C.R.S. § 12-245-220), as well as other exceptions in Colorado and Federal law, which the therapist will identify during therapy if such a situation arises. Examples of such exceptions include but are not limited to: (1) reporting any suspected incident of at-risk adult abuse/neglect (elders and adults with intellectual/developmental disabilities) and child abuse/neglect to law enforcement and to the person(s) threatened; (2) initiation of a mental health evaluation of a client who is imminently dangerous to self or to others, or who is gravely disabled, as a result of a mental disorder; (3) reporting any suspected threat to national security to federal officials; (4) reporting any threats against locations such as churches, schools, theatres, workplaces, etc. to law enforcement, and (5) disclosure of treatment information as required by Court Order.

Please be advised that there is no time limit on the mandatory reporting of child abuse. This means

that even adult clients who experienced childhood abuse (no matter how long ago) might disclose past abuse incidents that still fall under the mandatory reporting requirements. The law requires that, if there is reasonable cause to know or suspect that the perpetrator has subjected any other child currently under eighteen years of age to abuse or neglect or to circumstances or conditions that would likely result in abuse or neglect and/or is in any “position of trust” with children today, then past abuse disclosed by an adult client is required to be reported. If you have questions or concerns about these requirements, please discuss this with your group leader/leaders.

In situations such as those outlined above, we may be required to take protective actions, which may include notifying the potential victim, contacting the police, seeking hospitalization for the client, or other actions to limit harm to yourself or others. If such a situation arises during our work together, we will make every attempt to discuss it fully with you before taking necessary action.

Members of the group have an obligation to respect the communications and privacy of other group members. The identities of other members of the group should not be disclosed to anyone outside of the group.

In addition, your group leader/leaders may disclose confidential information in the course of consultation with other professionals. We will make every effort to avoid revealing your identity in the course of such consultation, and any professional with whom we consult will be legally bound to keep the information confidential. Signing this document gives us permission to consult as necessary. We may also reveal confidential information in the event of an investigation of a complaint or civil suit filed against us or if we are ordered to do so by a court of law. In addition, there may be other exceptions to confidentiality as provided by HIPAA regulations and other Federal and/or Colorado laws and regulations that may apply.

By signing below, you are authorizing your Denver DBT provider to release information during the course of your time in therapy to other members of our Denver DBT team. Specifically, this means that information can be shared with other team members in order to support your treatment and when processing billing. When consulting with other clinicians, we do not give identifying information. When consulting with Denver DBT’s owner and primary clinical supervisor (Nikki Kraslin, Psy.D), as well as for billing purposes (Carrie Simpson, M.A.), identifying information may be used. If you have concerns about this, would like any clarification, and/or if there is any reason that this could be a conflict of interest, please notify us.

If by chance, we see each other outside of the office (i.e., your group leader/leaders happen to run into you in a public setting, such as a restaurant, grocery store, sporting event, etc.), please know that we will respect your confidentiality and refrain from acknowledging or communicating with you. Your right to privacy and confidentiality are of the utmost importance to us, and we do not wish to jeopardize your privacy. However, if you acknowledge your leader/leaders first, we will be more than happy to briefly speak with you but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

If you have questions or would like additional information, please feel free to ask.

Social Media Policy

We do not accept personal Facebook, LinkedIn, Twitter, Instagram, or other “friend” or “follow” requests via any social media platform. Any such request will be denied in order to maintain professional boundaries. Should Denver DBT have a business social media account page, there is absolutely no requirement that you “like” or “follow” this page. If you should “like” or choose to “follow” Denver DBT’s business social media page, you understand that others will see your name associated with “liking” or “following” that page. You also understand that this applies to any comments that you post on Denver DBT’s page/wall. Any comments you post regarding therapeutic work between us will be deleted as soon as possible. You agree that you will refrain from discussing, commenting, and/or asking therapeutic questions via any social media platform, including online review sites, and you will instead discuss any concerns or questions with me directly.

If you have any questions regarding social media, review websites, or search engines in connection to our therapeutic relationship, please contact me to address those questions.

Emergency/Crisis Services

We provide non-emergency therapeutic services by scheduled appointment only. If you are experiencing a true emergency, please call 911 or call Colorado’s Crisis Hotline at (844) 493-8255 or the National Suicide Hotline at 988 or present to the nearest emergency room. We do not provide emergency services to clients enrolled in our groups. Please contact your individual therapist to determine their availability and policy regarding crisis situations and crisis calls.

Termination

If you choose to discontinue therapy for more than sixty (60) days without communicating with your group leader/leaders or Denver DBT, your therapy will be considered terminated. If you want to resume group after termination, please discuss this with us or reach out to our intake coordinator (Carrie Simpson, M.A.). The ability to resume group treatment will depend on availability and will be at our discretion.

By signing below, I acknowledge that I have read and understand the preceding information and understand my rights as a client or as the client’s responsible party:

Client or Parent/Guardian Signature
(Typing your name above will stand in for the signature.)

Date

Clinician Signature

Date

If signed by Responsible Party, please state relationship to client and authority to consent: