

# JESSICA ANNE DEEB, LCSW, LLC

## CONSENT TO TREATMENT

### CONFIDENTIALITY

Information shared during a counseling session is considered confidential under HIPPA (the Health Information Privacy and Portability Act). **However, there are some exceptions when your privacy is not protected by me that you should know about.**

1. All information will be held confidential and privileged unless the psychotherapist has suspicion that I (client) have **neglected or abused a child (including minors witnessing domestic violence), a senior citizen or a disabled person**, in which case a report will be made as required by law to the appropriate law enforcement and social welfare agencies.
2. All information will be held confidential and privileged unless I (client) report **suicidal or homicidal ideation, intent or plan**, in which case a report will be made as required by law to the appropriate law enforcement and social welfare agencies.
3. All information will be held confidential and privileged unless the psychotherapist has been **subpoenaed by a court of law**.
4. If I am utilizing **insurance or EAP** to assist in payment for my services, I agree by my signature below to allow my psychotherapist to release information in my record, including but not limited to: my history, condition, diagnosis, prognosis, treatment plan and treatment recommendations to insurance/EAP personnel involved in reviewing my case.
5. Other information may be released in accordance with the **Heath Insurance Portability and Accountability Act** as described in this office's Notice of Privacy Practices.

**You have the legal right to have access to your therapy file.** If requested, you will be provided with a **professional summary**. A professional summary includes: the dates of our sessions, our treatment goals, a summary of our sessions, and a synopsis of your progress in therapy. My detailed session notes are to help me process my thoughts and remain my legal property (though strictly confidential to no one but myself). Anyone seeking access to their file will be provided with a summary within 10 business days at the rate of \$25 per report (plus postage fees). Anyone else wishing to access your file will first need you to come into the office and sign a release permitting the release of your information.

- I agree to receive telephone calls, text messages or phone messages from this office to the telephone contact numbers I have provided.
- I agree to receive e-mails or physical mailings (to the home address I have provided) from this office.
- I have received a copy of the Notice of Privacy Practices adhered to by this office.

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Print Name

Signature of Client

Date

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Print Name

Signature of Counselor

Date

9400 River Crossing Blvd., Ste. 102, New Port Richey, 34655 • 1006 W. Platt St., Tampa, 33606

Office 1-727-808-4818 • Fax 1-727- 375-8631 • www.jessicadeeb.com

# JESSICA ANNE DEEB, LCSW, LLC

## CONSENT TO TREATMENT

### FINANCIAL & OFFICE INFORMATION

**The private pay rate for counseling sessions varies from \$70-\$150 per session according to my sliding fee schedule** (based on your gross annual/family income and duration of session). You may view the sliding scale fee schedule on my website at [www.jessicadeeb.com](http://www.jessicadeeb.com). You may be asked to provide last year's tax return to verify your income level. If your financial situation changes for the better or worse during our work together, please let me know so we can adjust your rate accordingly.

**Counseling services are not provided outside of face-to-face sessions.**

**While phone and/or Skype sessions are not the norm, they may occur from time to time in the case of a crisis. Phone/Skype sessions are subject to the same sliding fee schedule as mentioned above.** Phone/Skype sessions will be billed and due upon receipt.

**All client emails, writings/journals, and anything you would like for me to read will be collected and saved for our next session.**

**I do not assure availability at all times and the practice is not geared to the provision of emergency services.** Should there be a psychiatric emergency and I am not readily available to assist you in making arrangements, call 9-1-1 or go to the nearest emergency room. If you live in New Port Richey, you can also call BayCare's crisis line at 727-841-4439. If you live in Tampa, you can also call the Crisis Hotline at 813-234-1234.

**There are fees for special services- that insurance will not cover- established at our hourly rate.** These fees include, but are not limited to, the following:

1. Preparation for any **reports, forms, or other administrative requests.**
2. If I participate in a **legal case, regardless of which party's attorney calls or subpoenas me, fees include but are not limited to testimony, time for travel, waiting in the courtroom, telephone conferences, depositions and review notes.** In addition, you are responsible for any **fees that I incur by your attorney.**
3. Any **face to face consultations held on your behalf with other professionals/agencies.**

### TERMINATION

It is my standard office policy to terminate counseling services for any client whom I have not counseled within 30 days of the last service. At that time, I will contact you asking if you wish to continue counseling services. If I do not get a response within 10 days of contact made, I will assume you wish to terminate services and will remove your name from my active client list. Of course, you are welcome to call for an appointment as a new client at any point in the future. However, I reserve the privilege to accept new clients or not, depending on a host of factors including case load and time allocation.

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Print Name	Signature of Client	Date
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Print Name	Signature of Counselor	Date
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## NOTICE OF PRIVACY PRACTICES

*THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.*

This Notice specifically describes the policies of Jessica Anne Deeb, LCSW, LLC's mental health practice. Affiliated providers (for example, counselors other than Jessica Anne Deeb, LCSW, LLC who rent space in this office) may have different privacy practices from those described in this Notice. Please contact affiliated providers directly for more information about their privacy practices. References to "we," "our" or "us" in this Notice refer specifically to the policies and practices of Jessica Anne Deeb, LCSW, LLC.

### **Acknowledgment of Receipt of This Notice**

You will be asked to provide a signed acknowledgment of receipt of this Notice. Our intent is to make you aware of the possible uses and disclosures of your protected health information and your privacy rights. The delivery of your services will not depend upon your signed acknowledgment. If you decline to sign an acknowledgment, we will continue to provide you with services. However, we will also use and disclose your protected health information for provision, payment, and reporting of services, when necessary, as described in this Notice.

### **Our Responsibilities Regarding Your Protected Health Information**

We understand that your medical and health information is personal and that protecting your health information is important. "Protected health information" is individually identifiable health information which includes items such as name, age, address, social security number, e-mail address, etc. We follow strict federal and state laws that require us to maintain the confidentiality of your health information. We are required by law to do the following:

- Maintain the privacy of your health information
- Provide this Notice that describes the ways that we may use and share your protected health information
- Follow the terms of the Notice currently in effect.

### **HOW WE MAY USE OR DISCLOSE YOUR PROTECTED HEALTH INFORMATION**

Your records will be retained by us for approximately seven years after your last date of service at this office. After that time has elapsed, your records will be erased, shredded, burned or otherwise destroyed in a way which protects your privacy. Copies of mental health records generated by this office which have been distributed to other entities may continue to exist under the privacy policies established by those entities. Until your records are destroyed, they may be used for the following purposes:

### **For Required Uses and Disclosures**

We may disclose health information to the Secretary of the Department of Health and Human Services (DHHS) for investigations or determinations of our compliance with laws on the protection of your health information.

### **For Treatment**

We may use and disclose your protected health information to provide your care and any related services. This includes the coordination or management of your health care with a third party. For example, we might disclose your protected health information to a therapist who is co-leading a therapy group in which you have asked to participate at this office. We might also disclose your information to a professional colleague who provides us with clinical consultation services. Any person or entity with whom your information is shared will also be required to comply with federal privacy practices regarding your protected health information.

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## **To Obtain Payment**

Your protected health information will be used, as needed, to obtain payment for your health care services. For example, your information may be shared with an insurer who provides reimbursement for your services at this office.

## **For Health Care Operations**

We may use or disclose, as needed, your protected health information to support quality assessment activities. For example, your information may be used in our self-monitoring exercises for the purpose of continuing improvement. We also may use or disclose your protected health information to provide you with appointment reminders or information about other health-related programs and services. For example, your name and address may be used to mail you mental health newsletters or periodic announcements about therapy groups or workshops sponsored by this office which might be of interest to you.

## **As Required by Law**

We may use or disclose your protected health information if law or regulation requires the use or disclosure of your information.

## **For Public Health and Safety**

We may disclose your protected health information to a law enforcement or human welfare authority or other entity in order to: report suspected abuse or neglect of any individual in a "protected population" (minor children, disabled individuals, or the elderly); or to protect you and others if we believe you are at imminent risk of harm to yourself or others.

**JESSICA ANNE DEEB, LCSW, LLC**

**INTAKE/ASSESSMENT**

Date: \_\_\_\_\_ Name: \_\_\_\_\_ (Maiden & Married)

Street: \_\_\_\_\_ Apt/Bldg: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_  OK to Text

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Contact (Name/Number): \_\_\_\_\_

Emergency Contact (Name/Number): \_\_\_\_\_

Highest Education: \_\_\_\_\_

Employer/School: \_\_\_\_\_  FT  PT

Job Title/Major: \_\_\_\_\_

Religion/Spirituality: \_\_\_\_\_

Interests/Hobbies: \_\_\_\_\_

Positive Coping Skills: \_\_\_\_\_

**REASON FOR COUNSELING** (How long have you struggled with this):

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**JESSICA ANNE DEEB, LCSW, LLC**

**INTAKE/ASSESSMENT**

<b>CHILDHOOD FAMILY MEMBERS (parents, siblings, pets, etc)</b>				
Ethnicity/Culture:				
Name	Relationship	Age	Current Type of Relationship (close, not speaking, etc.)	Current City/State

**JESSICA ANNE DEEB, LCSW, LLC**

**INTAKE/ASSESSMENT**

<b>CURRENT RELATIONSHIP STATUS</b>		
Heterosexual Homosexual Bisexual Transsexual Transgendered Questioning Other_____		
Single Relationship Cohabit Married Separated Divorced Widowed Other_____		
How long?_____ Name of partner:_____ Age: _____ Open/Closed?		
NOTES:		
<b>RELATIONSHIP HISTORY</b>		
<b>Names of Select/Important Previous Partners (start with most recent)</b>	<b>Approx. Start/End Dates</b>	<b>Why ended</b>

**JESSICA ANNE DEEB, LCSW, LLC**  
**INTAKE/ASSESSMENT**

<b>CHILDREN (including pets)</b>				
Any discontinued pregnancies? _____		How many full term pregnancies? _____		
Names of Children	Biological, Adopted, Step, Half, Etc.	Age	Current Type of Relationship (close, not speaking, etc.)	City/State



**JESSICA ANNE DEEB, LCSW, LLC**

**INTAKE/ASSESSMENT**

<b>LIST A FEW OF THE MOST IMPORTANT (POSITIVE OR NEGATIVE) IN YOUR LIFE</b>	
<p><b>PEOPLE</b></p> <p>family, friends, support system, teachers, religious figures, counselors, heros, role models, pets, etc.</p>	
<p><b>EVENTS/LANDMARKS</b></p> <p>personal, familial, accomplishments, disappointments, legal issues/jail socio-political, etc.</p>	
<p><b>“T”RAUMA/“t”RAUMA</b></p> <p>emotional, physical, sexual, bullying, neglect, natural disaster, war, witnessing scary event, or something that doesn’t seem that “traumatic” but really stayed with/affected you</p>	
<p><b>SPERATIONS/LOSS/DEATHS</b></p>	
<p><b>ANNIVERSARIES/DATES OTHER</b></p>	

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**INTAKE/ASSESSMENT**

<b>MEDICAL</b>	
<p style="text-align: center;">PAST ILLNESSNESS PROCEDURES (WITH DATES)</p>	
<p style="text-align: center;">CURRENT ILLNESSES PROCEDURES AILMENTS HANDICAPS</p>	

<b>CURRENT MEDICATIONS</b>				
Rx/Amount	Reason	Name of Doctor	Start/End Dates	Outcome

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## INTAKE/ASSESSMENT

PLEASE CIRCLE ALL THAT APPLY	
HOUSING	live with family    rent    own    other_____
TRANSPORT	car    shared car    rides    bus    bike
FINANCES	No Concerns    Okay    Temporary Difficulties    Restrictive/Very Tight    Debt
PHYSICAL	<p><b>Appetite:</b> no change    decreased appetite    increased appetite</p> <p><b>Weight:</b> no change    loss    gain</p> <p><b>Eating:</b> no issues    restrictive    binging    overexercising    laxatives    throwing up</p> <p><b>Sleep:</b> no issues    difficulty falling asleep    intermittent waking    early am waking difficulty waking    nightmares    not getting enough sleep</p> <p><b>Energy:</b> no issues    low energy    excessive energy</p> <p><b>Vision/Hearing/Dental/Mobility:</b> no issues    Describe:_____</p>
DEPRESSION	<p>N/A    down    dissatisfied    unhappy    depressed    sadness    crying</p> <p>negative    feels has more problems than others    restless    irritable    angry</p> <p>hopeless numb    life feels empty / boredom    loss interest / motivation / pleasure</p> <p>difficulty concentrating    can't make decisions    poor functioning    recent/big changes</p> <p>thoughts about death in general    thoughts about suicide</p>
CONNECTION	N/A    overextending self    detached    isolated / lonely    withdrawing friends & social events
SELF-ESTEEM	N/A    low self-esteem    inadequate    feels like failure    worthlessness    excessive guilt    not feel belong
ANXIETY	<p>N/A    anxious / nervous    unable to relax    pacing    easily worn out    overstressed    muscle tension</p> <p>panic attacks: pounding heart, trembling, shortness of breath / smothering / feeling of choking, chest pain    nausea dizzy lightheaded feelings of unreality / being detached from self numbness/tingling sensations, chills/ hot flushes, fear losing control /going crazy/dying</p> <p>need for order / perfection / rituals    fear leaving home or going places without easy exit</p>
COPING	alcohol drugs    cutting    burning    risky behavior    self-sabotage    anger    crying    avoidance    sleeping gambling shopping    relationship/sex    overworking    food    control/order    TV/internet    other:_____
MENTAL HEALTH HX	<p>N/A    counseling / groups    medication    intensive programs / psychiatric hospitalization / rehab / detox</p> <p>Family Hx: N/A    unknown    depression    anxiety    mania    substance    suicide/ attempt    psych hospital</p>

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**INTAKE/ASSESSMENT**

<b>SAFETY CONCERNS- SUICIDAL THOUGHTS</b>	
<ol style="list-style-type: none"><li>1. Since when?</li><li>2. How often thoughts come up?</li><li>3. How long before can refocus?</li><li>4. Do you have a plan? What?</li><li>5. Rate your intent to act, 1-10? (10=Highest Risk)</li><li>6. Previous attempts/inpatient?</li><li>7. Anyone known attempt/complete?</li><li>8. What's keeping you from acting?</li></ol>	

<b>COUNSELING GOALS-TREATMENT PLAN</b>		
<b>Rate (1= most important)</b>	<b>Problem</b>	<b>Goal</b>