

Consent to Psychiatric Services *In-Person & Telehealth Services*

Welcome to Intuition Wellness Center, PLLC. This document contains important information about professional services and policies and will represent an agreement between you and Intuition Wellness. The term "client" represents children, adolescents, and adults who are the identified client receiving services. "You" refers to "client" or if the client is a minor, may also refer to a parent(s)/guardian(s).

Psychiatric Clinical Services

Psychiatric services at Intuition Wellness include comprehensive mental health evaluation, diagnosis and treatment. As part of a functional psychiatric approach, treatment may include a variety of services, including medication management, lifestyle counseling, nutritional and botanical supplementation, biofeedback, meditation-based practices, and energy-based interventions, as clinically appropriate.

These approaches are intended to support overall wellbeing and may be used alongside or in place of conventional psychiatric treatments, depending on your preferences and needs. As part of the treatment process, you and your practitioner will identify your goals and discuss appropriate treatment options.

Psychiatric care often involves an ongoing relationship with your practitioner and may require regular follow-up appointments. At Intuition Wellness, follow-up appointments may be longer in duration than typical psychiatric visits in order to support a more comprehensive, individualized approach to care.

Treatment calls for an active effort on the client's part. You have the right to participate in treatment decisions and in the development, periodic review and revision of a treatment plan. You also have the right to refuse any recommended actions or withdraw informed consent to treatment. Your practitioner will advise of the consequences of such refusal or withdrawal.

Medication Management

Psychotropic medications are a cornerstone of contemporary psychiatric treatment. Many individuals find medications to be helpful tools. If medication is recommended, your practitioner will explain the potential benefits, risks, side effects, and alternatives. You have the right to ask questions and to decline medication.

Medication responses vary widely between individuals and not all medications are effective for all symptoms. Some individuals may experience side effects or find medications difficult to tolerate. Medications may require ongoing monitoring to ensure safety and effectiveness. This may include regular follow-up appointments, communication about symptoms, and coordination with other practitioners. You are encouraged to discuss any concerns with your practitioner before making changes to your medication regimen. Your communication and participation during this process is essential to safe and effective treatment.

Controlled Substances

Some psychiatric medications are classified as controlled substances and are regulated by state and federal law. These medications require careful monitoring due to potential risks, including misuse, dependence, or diversion. They may not be prescribed if treatment recommendations are not followed.

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By consenting to treatment involving controlled substances, you agree to:

- a. take medications only as prescribed;
- b. not share, sell, or misuse prescribed medications;
- c. use one designated pharmacy when possible;
- d. participate in recommended follow-up appointments; and,
- e. comply with applicable monitoring requirements, which may include review of prescription monitoring programs or coordination with other providers.

Medication Refills

Medication refills require advance planning. You are required to request refills with at least **7 days' notice**. Refill requests submitted with less than 7 days' notice may incur a **\$30 expedited processing fee**. Refills may be delayed or denied if you have not been seen for a required follow-up appointment, recommended monitoring or testing has not been completed, or it is not clinically appropriate to continue the medication.

Laboratory Testing

As part of your care, your practitioner may recommend or order laboratory testing to support diagnosis, monitor treatment, or assess overall health. This may include bloodwork or other diagnostic testing.

You have the right to accept or decline recommended testing. Your practitioner will explain the purpose, benefits, and potential risks of any recommended tests. Failure to complete recommended laboratory testing may impact your practitioner's ability to safely prescribe or continue certain medications.

Integrative & Complementary Services

As part of a functional psychiatric approach, your practitioner may incorporate integrative and complementary modalities into your care. These may include nutritional and botanical supplementation, meditation practices, heart rate variability (HRV) biofeedback, and energy-based interventions.

These approaches may support emotional regulation, stress management, cognitive function, and overall wellbeing for many individuals. However, they are not appropriate for all clients and may not be effective in relieving targeted symptoms.

Some of these approaches are not considered standard treatments within conventional psychiatric practice and may have a more limited body of research supporting their use. Your practitioner will discuss recommended approaches with you, including potential benefits and risks, to help determine what is appropriate based on your individual needs and preferences.

Care Coordination

Effective psychiatric care may involve coordination with other practitioners/support people, such as primary care physicians, therapists, schools, or other professionals involved in your or your child's care.

With your written authorization, your practitioner may communicate with these providers to support continuity and quality of care. You are encouraged to discuss any preferences or concerns regarding care coordination with your practitioner.

Benefits & Risks

Psychiatric treatment has been shown to have many benefits for many people. Treatment may lead to improved mood, functioning, relationships, and overall wellbeing. There are no guarantees that you, or your child, will experience these benefits. Psychiatric treatment may also involve risks. These may include uncomfortable emotions, distress when discussing personal experiences, or unintended outcomes. Even

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the gentlest of treatments can have complications in combination with certain physiological conditions or in those with multiple medications.

Risks may include, but are not limited to: allergic reactions to medications, supplements or herbs; side effects associated with pharmaceutical medicines; interactions between medication and supplements; or, in some cases, worsening of symptoms.

Responses to treatment vary widely between individuals. Some treatments may be ineffective in relieving targeted symptoms. In some cases, side effects from medications may persist after discontinuation. Missing doses or stopping medications abruptly may result in withdrawal symptoms or worsening of symptoms.

Integrative and complementary approaches, including nutritional supplementation, botanical medicine, meditation-based practices, biofeedback, and energy-based interventions, may have a more limited body of research supporting their use and are not always considered standard treatments within conventional psychiatric practice. While many individuals find these approaches beneficial, they may not be appropriate for all clients and may not result in symptom improvement.

Some interventions, including meditation and energy-based practices, may bring awareness to unresolved experiences or result in temporary emotional or physical discomfort.

It is very important that you inform your practitioner of any symptoms that you are experiencing during treatment, if you are taking medications or supplements, or if you are pregnant or breastfeeding.

Telehealth Services: Benefits & Risks

Intuition Wellness offers telehealth services as an option for your convenience when feasible and deemed clinically appropriate. Telehealth services can remove travel and scheduling barriers. In addition, telehealth can be an occasional, safe alternative to in-person services should you be experiencing symptoms of a contagious condition. Telehealth communication used by Intuition Wellness is encrypted as required by law.

There are potential risks with telehealth technology:

- The video connection may not work or may stop working during the session.
- The video picture or information transmitted may not be clear enough to be useful for the session.
- Privacy cannot be guaranteed when the client is not using telehealth in a private location.
- Despite best efforts to ensure high encryption and secure technology, there is always a risk that the transmission may be breached and accessed by unauthorized persons.
- You may be required to go to the location of the practitioner if it is felt that the information obtained via telehealth was not sufficient.

Communicating With Your Psychiatric Nurse Practitioner

Many Intuition Wellness practitioners are engaged in the world around them in a variety of capacities. Your practitioner is not in office every day. When in the office, she may be attending to other clients or clinical matters. Your clinician may often not be immediately available. Your practitioner's contact information and how to reach them outside of office hours is provided at the time of your first appointment. Should your practitioner be unavailable for an extended period of time or if you need to be seen sooner than scheduling allows, Intuition Wellness may direct you to your local urgent care or provide you with the name and contact information of a covering colleague. Intuition Wellness does not provide crisis services or on-call support. If you have an immediate clinical emergency, call 9-1-1 or go to your nearest emergency room. To schedule an appointment or if you have general questions, contact reception at 520-333-3320 or contact@intuitionwellness.com.

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Texting (SMS): Benefits & Risks

Texting is a popular and quick communication tool. However, please be aware that Intuition Wellness does not offer a secure, encrypted texting platform. Only the administrative team utilizes texting on occasion to alert you to an upcoming appointment or request that you contact the Billing Department. All information shared via text between you and the administrative team may be vulnerable to unintentional disclosure. To communicate with the administrative team via text, you are required to consent (“opt in”) in writing to send and receive text messages. Your consent to “opt in” on page 6 represents that you understand the risks.

Minimizing Exposure

Intuition Wellness is committed to community wellbeing. To minimize exposure to health risks during in-office appointments, you understand and agree that you will:

- only attend in-person appointments if you are not exhibiting symptoms of contagious conditions;
- notify Intuition Wellness prior to the appointment if you have contracted a contagious illness or have been exposed to a person with symptoms of a contagious illness within five days prior to your appointment.

Note: Intuition Wellness may change the current precautions depending upon published local, state and federal health orders or guidelines.

Professional Fees: Cancellation Policy

Intuition Wellness fees vary by service. The [Fee Schedule](#) is available online or upon request. All clients are responsible for payment at the time the appointment is held. If your account has an outstanding balance, Intuition Wellness may suspend services until a financial arrangement is agreed upon.

Psychiatric services are not billed directly to insurance by Intuition Wellness. You may be eligible for reimbursement from your health insurance. To assist you, the Client Financial Specialist can provide a “superbill” upon request.

You will be charged your full fee for appointments missed or canceled without 24-hour prior notice unless cancellation was due to circumstances beyond your control. You will also be responsible for the full fee for the appointment even if tardy and missed time cannot be made up.

Medical Records

The laws and standards of the profession require that Intuition Wellness keep treatment records. You are entitled to receive a copy of your records. Requests for records must first be provided in writing and signed by both parent(s)/guardian(s), if applicable. Records will be provided within a 30-day period from the time that the written request is submitted. Records can be provided electronically at no charge or in hardcopy format for a fee of \$10.00 and the cost of postage.

Minors

Intuition Wellness Center follows a policy of transparency when communicating with a minor client’s parent(s)/guardian(s). In support of this policy, all parent(s)/guardian(s) contact information must be provided and all parent(s)/guardian(s) are required to sign the client paperwork of a minor child, if applicable. Exceptions may be made on a case-by-by case basis consistent with Intuition Wellness policies and applicable law or as required by court order.

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If the client is under eighteen years of age, please be aware that the law provides a parent(s)/guardian(s) the right to examine or receive a copy of the client's records.

Parent(s)/guardian(s) are responsible for their children, including when left unattended. A parent(s)/guardian(s) must be readily available in case of emergency during their child's appointment.

Confidentiality

The privacy of communications between a client and a psychiatric nurse practitioner is protected by law. Generally, Intuition Wellness can only release information about services to others with the client's written permission. But there are a few exceptions:

- In most legal proceedings, clients have the right to prevent Intuition Wellness from providing information about their treatment. In some proceedings a judge may order the release of medical records and/or a physician's testimony if it is determined that the issues demand it.
- Psychiatric Nurse Practitioners are mandated reporters. There are some situations in which Intuition Wellness may be legally obligated to reveal client information to protect others from harm. For example, if your practitioner believes that a child, elderly person, or disabled person is or has been abused, neglected, or otherwise seriously harmed, as defined by state law, they must file a report with the appropriate state agency.
- If a client is threatening or engaging in serious bodily harm to themselves or another, psychiatric nurse practitioners are required by law to take protective actions. These actions may include notifying the potential victim, contacting the police, or seeking a formal safety evaluation of the client. Your practitioner may be obligated to contact family members or others who can help provide protection.
- The Intuition Wellness clinical team meets regularly for clinical staffings to ensure the highest quality of services. All Intuition Wellness clinical team members also receive regular individual consultation or supervision with a licensed professional, and they may find it helpful to discuss particular details. Your psychiatric nurse practitioner may seek professional consultation to improve quality of care. If you have concerns about disclosures, you are encouraged to discuss these with your practitioner.

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Client Name: _____ **Client Date of Birth:** _____

Your signature(s) below acknowledges that you:

- have read the information in this document and agree to abide by its terms;
- understand the limits of confidentiality;
- have read the Privacy Practices Notice;
- have reviewed and received a copy of the Services & Programs Fee Schedule;
- understand the risks and benefits of psychiatric treatment, including medication when applicable;
- understand medication monitoring, laboratory testing, and refill policies;
- understand that you have the right to select/direct which pharmacy your prescriber uses to fill your medication orders;
- consent to treatment and understand that consent is voluntary; you may revoke your consent in writing at any time; and,
- agree to pay all professional fees and expenses as outlined in this Consent to Psychiatric Services.

Check here and type your initials if **you consent ("opt in")** to send or receive text messages from administrative team members. You can terminate consent ("opt out") at any time in writing to contact@intuitionwellness.com or by replying "STOP" in your text response.

_____ (initial) _____ (initial)

Check here **if you do not want** your psychiatric nurse practitioner to inform your primary care physician of your participation in treatment at this time.

I UNDERSTAND THAT MY TYPED NAME BELOW IN THE SIGNATURE LINE REPRESENTS MY ELECTRONIC SIGNATURE.

In the case of a minor, all parents/guardians are required to initial pages 1 - 5, print name, sign, date with time, and complete highlighted areas and applicable checkboxes for Consent to Psychiatric Services to be valid.

Relationship to Client: Self Parent Guardian

Relationship to Client: Parent Guardian

Client or Parent/Guardian Printed Name

Additional Parent/Guardian Printed Name

Client or Parent/Guardian Signature

Additional Parent/Guardian Signature

Date

Date

Time

Time