Salt Lake Mental Health, Inc.

220 East 3900 South, Suite 7

Salt Lake City, UT 84107

(801) 244-9049

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Apt # \_\_\_\_\_\_\_\_\_\_\_

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

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

Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How would you prefer that we contact you? Home Cell Work

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

Can we send you monthly newsletter? Yes No

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_ Social Security # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Significant other’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**Emergency contact (other than significant other):**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you hear about SMLH? Psychology Today, Facebook, internet search, friend, Happiness 101, other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Insurance Information

Insurance Company\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Company Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance ID:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Group #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Insured’s Employer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Work # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Referral Source\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did you get preauthorization? Yes No Not required

**If you are not the primary insurance carrier, please provide the following:**

Insured’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insured’s relationship to you: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SSN#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Employer Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Check here if the insured’s address is the same as your own

If not, please provide it here:

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Apt # \_\_\_\_\_\_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Employee Assistance Program (EAP)

Name of EAP: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Certification #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of sessions available \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EAP Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**INFORMED CONSENT**

Thank you for coming to see us. Starting counseling is a major decision and you may have some questions. This document is intended to inform you of Salt Lake Mental Health,, Inc. (SLMH) policies, state and federal laws and your rights. If you have other questions or concerns, please ask. Frank Clayton and Dave Jensen or Maya Gentry who are all licensed to perform mental health counseling by the State of Utah. We have clinical experience in treating adolescents, adults and families using individual, family and group therapy. Frank, Dave and Maya also use other styles of therapy, including: person-centered, positive psychology, cognitive, cognitive-behavioral, rational-emotive and Gestalt therapy.

Therapy may increase symptoms of anxiety, depression and/or suicidal ideation. It is imperative that if you make an agreement to begin treatment, that you commit to follow through with the treatment plan. Such treatment plans may include assignments to be done at home, attendance of support groups and/or or a safety contract. If you deviate from the prescribed treatment plan, you agree to hold SLMH harmless in the event of a less than satisfactory therapeutic outcome including not meeting goals, therapeutic objectives, improvement of symptoms or even death. It is therefore in your best interest to adhere to all treatment plans – which will be agreed upon by both you and the therapist.

**HIPPA 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.

**DISCLOSURES:** Providing treatment services, collecting payment and conducting healthcare operations are necessary activities for quality care. State and federal laws allow SLMH to use and disclose your health information for these purposes.

**TREATMENT:** SLMH may need to use or disclose health information about you to provide, manage, or coordinate your care or related services. This could include consultants and potential referral sources.

# PAYMENT: Information needed to verify insurance coverage and/or benefits with your insurance carrier, to process your claims as well as information needed for billing and collection purposes. We will bill the person in your family who pays for your insurance.

# HEALTHCARE OPERATIONS: SLMH may need to use information about you to review our treatment procedures and business activity. Information may be used for certification, compliance, and licensing activities.

**COMMITMENT**: We, Salt Lake Mental Health, Inc., have been and will always be committed to maintaining your confidentiality. We will only release healthcare information about you in accordance with federal and state laws and ethics of the American Counseling Association.

**CONFIDENTIALITY AND EMERGENCY SITUATIONS**:

Your verbal communication and clinical records are strictly confidential EXCEPT when:

1. Information that you and/or your child report any physical or sexual abuse to a child. Then, by Utah State Law, SLMH is obligated to report this to the Department of Children and Family Services.
2. Both Utah civil and criminal codes (§ 62A-3-302 and § 76-5-111) requires SLMH to report to the authorities should we become aware that any disabled or elder adult has been the subject of abuse, emotional or psychological abuse, neglect, or exploitation
3. According to Utah Rule R386-72-2, contagious diseases must be reported to the health department. These diseases include HIV/AIDS, tuberculosis, Hepatitis (A, B, or C), and syphilis. For a complete list go to <http://www.rules.utah.gov/publicat/code/r386/r386-702.htm> or ask for a list.
4. If you provide information that informs me that you are in danger of harming yourself or others. This would also apply if you were involved in a crime before, during or after your therapy session on the premises.
5. When required by law - such as subpoenaed to testify in court. Should this situation arise, each question would be carefully scrutinized by SLMH for its relevance and the court’s need-to-know. Objections would be made if it were deemed that the information requested was deemed unnecessary or irrelevant. Only the information specifically asked for will be given.
6. When you have signed a release of information. Examples would be: a physician or other healthcare professional, a prior therapist, etc.
7. If you are receiving counseling with a friend or loved one, rest assured that SLMH will not engage in any discussions which would make me privy to information without your knowledge. This would undermine the trust in our therapeutic relationship. Should SLMH be made aware of information in spite of setting this boundary, SLMH will inform you of who said it and what was said in your absence as soon as is reasonable. This pact is imperative to a trusting relationship and will be implemented whether your role in the relationship is that of the guardian, parent, significant other or child.

If you believe yourself or another person to be in danger due to suicidal or homicidal ideation, you may contact SLMH at (801) 244-9049. Should all counselors be in session or otherwise unavailable, you are to contact the following emergency services:

* Emergency Services: 9-1-1
* Valley Mental Health Crisis: (801) 261-1442 or call toll free (800) 537-8739
* Utah or Nationwide Suicide/Crisis: (801) 261-1442
* Suicide Hotline: (800) 784-2433/800-SUICIDE

CLIENT RIGHTS

# Right to request how SLMH contact you

It is SLMH normal practice to communicate with you on the day prior to or the day of your appointment. Please indicate on which phone SLMH may leave a message on the Agreement and Acknowledgements page.

### Right to release your medical records

You may consent in writing to release your records to others. You have the right to revoke this authorization, in writing, at any time. However, a revocation is not valid to the extent that SLMH acted in reliance on such authorization

**Right to inspect and copy your medical and billing records.**

You have the right to inspect and obtain a copy of your records. To request access to your billing, or health information, contact the Office Manager\*. If SLMH deem access to your records may be detrimental to you, SLMH may deny your request to inspect and copy it or in lieu of such a denial, give you only limited access. If you ask for a copy of any information, SLMH may charge a reasonable fee for the costs of copying, mailing and supplies.

**Right to add information or amend your medical records**.

If you feel that information contained in your medical record is incorrect or incomplete, you may ask SLMH to add information to amend the record. SLMH will make a decision on your request within 60 days, or some cases within 90 days. Under certain circumstance, SLMH may deny your request to add or amend information. If SLMH deny your request, you have a right to file a statement that you disagree. Your statement and SLMH’s response will be added to your record. To request an amendment, you must contact the Office Manager\*. SLMH will require you to submit your request in writing and to provide an explanation concerning the reason for your request.

**Right to an accounting of disclosures.**

You may request an accounting of any disclosures SLMH have made related to your records. To receive information regarding disclosures made for a specific time period no longer than six years and after April 14, 2003, please submit your request in writing to the Office Manager\*. SLMH will notify you of the cost involved in preparing this list.

## Right to request restrictions of your health information.

You have the right to ask for restrictions on certain uses and disclosures of your health information. This request must be in writing and submitted to the Office Manager\*. However, I am not required to agree to such a request.

## Right to complain.

If you believe your privacy rights have been violated, please contact Frank Clayton personally, and discuss your concerns. If you are not satisfied with the outcome, you may file a written complaint with the U.S. Department of Health and Human Services. There will be no retaliation of any kind for filing such a complaint.

**Right to receive changes in policy.**

You have the right to receive any future policy changes secondary to changes in state and federal laws. This can be obtained from the Office Manager\*.

\* Office Manager: Cynthia Dicara, (877) 476-6338, Option 0

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Fee Schedule

SLMH fees are as follows:

Half-session (25 minutes) $ 40

Groups (per person per hour) $ 30

Regular session 50 minutes $ 80

Additional Time 75+ minutes $120

Cancellation/No Show (less than 24 hrs notice) $ 80

Returned check Fee. $ 25

Sliding scale rate $ 60

Workshops / In-services / Training.............*Negotiated in Advance*

Presentations, Speaking Engagements.......*Negotiated in Advance*

* Sessions are 50 minutes in length.
* What time the session ends is up to you. If there are any restrictions prohibiting an extended session, such as an appointment immediately following, this will be stated at the beginning of the session by SLMH. There will be a 10 minute grace period to end the session. If you allow the session to go beyond one hour, additional payment MAY be forthcoming.
* You are ultimately responsible for payment. Therefore, any payment not covered by your insurance company is your responsibility.
* If you must cancel or reschedule your appointment, please call or text 801-244-9049 as soon as possible (yes, on Sundays too). If you cancel your appointment with less than 24 hours notice, a fee of $40 will be assessed regardless of the length of the scheduled appointment or any payment plan you may have in place (including pro bono). If less than four hours notice is given, an $80 will be assessed (rather than $40). If two late cancellations occur in a row, payment must be received **before** another session may be scheduled.
* You are expected to pay for your session at the time of service unless you have made arrangements for a payment plan. If you fall behind on your payments, your credit card will be charged for your outstanding balance. If necessary, a collection agency will be utilized and a $23 collection fee will be added to your bill.
* Any outstanding payments should be mailed via a secure form of payment (do not send cash). Payment should be made to the name of “Salt Lake Mental Health” and may be mailed to 220 East 3900 South, Suite 7, Salt Lake City, Utah, 84107

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I give SLMH permission to charge the following credit card should I fall more than 90 days behind:

Credit card type (Visa, Master Card, etc.) Note: I do not accept American Express

Credit card number: \_\_\_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_

Expiration: Month: \_\_\_\_\_\_\_\_\_\_ Year: \_\_\_\_\_\_\_\_

CVC code (three digit number on back of card): \_\_\_\_\_\_\_

Address associated with credit card:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Utah \_\_\_\_\_\_\_

Street address City Zip Code

Further, I acknowledge that a collection agency will be used if necessary.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_

Signature Date

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**Agreement and Acknowledgments**

I/We have read and understand all of the following policies and procedures:

\_\_\_\_\_\_\_ Clients Rights

\_\_\_\_\_\_\_ Confidentiality

\_\_\_\_\_\_\_\_ Fee Schedule

\_\_\_\_\_\_\_ Informed Consent

\_\_\_\_\_\_\_ HIPAA Notification

\_\_\_\_\_\_\_ Emergency Procedures

\_\_\_\_\_\_\_ I have received preauthorization from my insurance/EAP to begin therapy

* Check here if not applicable

You may leave a message giving on the following phone numbers (please check all that apply):

|  |  |  |
| --- | --- | --- |
| * Home | * Cell Phone | * Work |

Further, by my signature and initials, I authorize SLMH to release my address, phone number, date of birth, social security number and primary diagnosis to administration, allowing billing to third party payers (insurance, EAP). If your spouse or parent is the person responsible for insurance (“the insured”), be aware information will appear on their billing statements.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Center for Epidemiologic Studies Depression Scale**

From The How of Happiness (Sonja Lyubomirsky), page 35

Instructions: This set of questions is related to how you felt or behaved in the past week. Using the scale below please write the number which best describes how often you felt or behaved this way during the past week

|  |  |  |  |
| --- | --- | --- | --- |
| **0** | **1** | **2** | **3** |
| rarely or none of the time. | some or little of the time | a moderate amount of the time | most or all of the time |
| (less than 1 day) | (1-2 days) | (3-4 days) | (5-7 days) |

|  |  |
| --- | --- |
| \_\_\_\_\_\_\_\_ | 1) I was bothered by things that usually don’t bother me |
| \_\_\_\_\_\_\_\_ | 2) I did not feel like eating; my appetite was poor |
| \_\_\_\_\_\_\_\_ | 3) I felt that I could not shake off the blues even with help from my family and friends |
| \_\_\_\_\_\_\_\_ | 4) I felt that I was just as good as other people |
| \_\_\_\_\_\_\_\_ | 5) I had trouble keeping my mind on what I was doing |
| \_\_\_\_\_\_\_\_ | 6) I felt depressed |
| \_\_\_\_\_\_\_\_ | 7) I felt that everything I did was an effort |
| \_\_\_\_\_\_\_\_ | 8) I felt hopeful about the future |
| \_\_\_\_\_\_\_\_ | 9) I thought my life had been a failure |
| \_\_\_\_\_\_\_\_ | 10) I felt fearful |
| \_\_\_\_\_\_\_\_ | 11) My sleep was restless |
| \_\_\_\_\_\_\_\_ | 12) I was happy |
| \_\_\_\_\_\_\_\_ | 13) I talked less than usual |
| \_\_\_\_\_\_\_\_ | 14) I felt lonely |
| \_\_\_\_\_\_\_\_ | 15) People were unfriendly |
| \_\_\_\_\_\_\_\_ | 16) I enjoyed life |
| \_\_\_\_\_\_\_\_ | 17) I had crying spells |
| \_\_\_\_\_\_\_\_ | 18) I felt sad |
| \_\_\_\_\_\_\_\_ | 19) I felt that people disliked me |
| \_\_\_\_\_\_\_\_ | 20) I could not get “going” |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **The Oxford Happiness Questionnaire**  From The How of Happiness (Sonja Lyubomirsky), page 84  Below are different statements about happiness. Please indicate how much you agree or disagree with each statement by entering a number alongside it according to the scale below.   |  |  |  | | --- | --- | --- | | **1** | **2** | **3** | | **strongly disagree** | **moderately disagree** | **slightly disagree** | |  |  |  | | **4** | **5** | **6** | | **slightly agree** | **moderately agree** | **strongly agree** |      |  |  | | --- | --- | | \_\_\_\_\_ | 1. I don't feel particularly pleased with the way I am | | \_\_\_\_\_ | 1. I am intensely interested in other people | | \_\_\_\_\_ | 1. I feel that life is very rewarding | | \_\_\_\_\_ | 1. I have very warm feelings towards almost everyone | | \_\_\_\_\_ | 1. I rarely wake up feeling rested | | \_\_\_\_\_ | 1. I am not particularly optimistic about the future | | \_\_\_\_\_ | 1. I find most things amusing | | \_\_\_\_\_ | 1. I am always committed and involved | | \_\_\_\_\_ | 1. Life is good | | \_\_\_\_\_ | 1. I don't think that the world is a good place | | \_\_\_\_\_ | 1. I laugh a lot | | \_\_\_\_\_ | 1. I am well satisfied about everything in my life | | \_\_\_\_\_ | 1. I don't think I look attractive | | \_\_\_\_\_ | 1. There is a gap between what I would like to do and what I have done | | \_\_\_\_\_ | 1. I am very happy | | \_\_\_\_\_ | 1. I find beauty in some things | | \_\_\_\_\_ | 1. I always have a cheerful effect on others | | \_\_\_\_\_ | 1. I can fit in everything I want to | | \_\_\_\_\_ | 1. I feel that I am not especially in control of my life | | \_\_\_\_\_ | 1. I feel able to take anything on | | \_\_\_\_\_ | 1. I feel fully mentally alert | | \_\_\_\_\_ | 1. I often experience joy and elation | | \_\_\_\_\_ | 1. I do not find it easy to make decisions | | \_\_\_\_\_ | 1. I do not have a particular sense of meaning and purpose in my life | | \_\_\_\_\_ | 1. I feel I have a great deal of energy | | \_\_\_\_\_ | 1. I usually have a good influence on events | | \_\_\_\_\_ | 1. I do not have fun with other people | | \_\_\_\_\_ | 1. I don't feel particularly healthy | | \_\_\_\_\_ | 1. I do not have particularly happy memories of the past | |
|  |