

**Informed Consent (Version 19HP)  
Health Psychology/Integrated Behavioral Health**

Western Psychological & Counseling Services (Western), in partnership with your medical provider, offers behavioral health services at your medical provider’s location.

Overview of care and risks/benefits. Our services typically begin with a brief Assessment. Treatment generally focuses on how to improve your health by improving your emotional health, your mind, and/or your social supports. We may provide individual, group or family therapy to address behavioral health issues that are focused or short-term. If you need therapy beyond a few visits, we may refer you to a provider at another location (e.g., at a Western site). Alternatives include working with your medical providers, psychiatrist/psychiatric nurse practitioner, external mental health or substance use disorder services, or seeking support from your family, friends, or others.

These services are generally effective at improving physical or behavioral health conditions. We regularly review our outcomes and find that most people benefit from these services. Few people get worse from treatment. Improvements do require that you attend appointments and follow through with recommendations. We will develop a treatment plan with you and discuss risks and benefits more.

Fees & Financial Responsibility. We will bill your insurance for services. Commercial insurance often requires a co-pay or deductible. You are responsible for understanding your coverage and benefits and paying for any fees. As a courtesy, Western will check your insurance to verify your eligibility and co-pay/deductible. We require a 24-hour advanced notice for cancellations. We charge \$55 for a no-show or late cancellation. If you have Oregon Health Plan, we will not charge this fee, however, we may ask you to do certain things if no-shows are an issue.

Crises. Call 911 if you are having a medical emergency. If you are having an **after-hour crisis**, you may call Western’s crisis line at **(503) 727-3764**. This number does not take calls regarding scheduling.

Rights. You have these rights (see OAR 309-019-0115 for more details): to accept or refuse part or all treatment, to be treated by a clinician who has met the minimum qualifications of training & experience required by state law (& to examine Board records or complain to the Board), to obtain a copy of the Code of Ethics, to be informed of costs prior to receiving services, and to be free from discrimination as stated in state/federal law.

Privacy. Western has a Notice of Privacy Practices. This Notice is available to you in writing or on our website [www.westernpsych.com](http://www.westernpsych.com). Western keeps your treatment confidential according to state and federal laws. There are limits to confidentiality that are outlined in the Notice (e.g., abuse reporting, imminent danger, court proceedings). Since this program is in partnership with your medical provider, we do share information your medical providers. This includes minimum information in health information exchanges (e.g., CareQuality). We will share only the information necessary for treatment or coordination of care.

I have read this document and have had the opportunity to ask any questions and receive clarifications:

_____	_____	____/____/_____
Client Name	Client Signature	Date
_____	_____	____/____/_____
Guardian Name (if applicable)	Guardian Signature	Date
_____	_____	____/____/_____
Clinician Name	Clinician Signature	Date