



INFORMED CONSENT FOR BEHAVIORAL HEALTH SERVICES

The purpose of this document is to inform you regarding your treatment/your child's treatment in regards to behavioral health services offered at THRIVE Academy. When you sign this document, it means you agree that you/your child can be treated by our Behavioral Health Team at Thrive Academy and you understand our limits to treatment and confidentiality. As a trauma-Informed School, we recognize the importance of mental and behavioral support and our services are available to all of our students.

This informed consent pertains to Thrive's complete Behavioral Health Team. This includes, but is not limited to: Our Licensed Clinical Social Workers(LCSW), Licensed Master's Level Social Workers (LMSW), Licenced Professional Counselors (LPC), and Graduate Level Social Work Interns.

Outside agencies that meet the additional needs of our students have their own informed consents that may differ.

BEHAVIORAL HEALTH SERVICES OFFERED AT THRIVE

Here at Thrive we aim to meet all of our student's unique and individual needs. We focus on a holistic approach which includes many different professionals assisting with the various needs of our students. Emotional and Behavioral difficulties are two common difficulties we see on our campus. Some of the services we offer to assist with these difficulties are voluntary. However, some services are required for either a student's safety or they are services that are part of our school culture. The services we offer at THRIVE that are considered part of our Behavioral Health are: Individual Counseling, Specialized Truama Therapy (EMDR), Smoking Cessation, Group Counseling, Family Counseling, Diagnostic Testing, De-Escalation Services, Restorative Justice Circles,and Crisis Management Services.

RISKS AND BENEFITS TO TREATMENT

Therapy often has risks and benefits and it is important to understand those and make an informed decision. Since therapy often involves discussing uncomfortable issues in your life, you/your child may initially experience upsetting feelings. On the other hand, therapy often leads to better relationships, improved behaviors, solutions to specific problems, better problem solving skills, and more developed coping skills to handle life's difficult situations. Our LCSW and other licensed counseling professionals on campus may use many different modalities of treatment to work with your child. Some of these modalities include: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Assertiveness Skills Training, and Eye Movement Desensitization and Reprocessing (EMDR), as well as, other evidence based treatment approaches that our therapists are trained in.

In addition to individual therapy, you/your child may be asked to participate in group therapy. This is a voluntary service offered to select students. One risk of group therapy is that we cannot guarantee confidentiality is kept among group members, although we strive to and take actions towards individuals who break the group confidentiality rule. The benefits of group therapy is that it helps normalize the feelings an individual may have and often students make more progress when working with their peers to overcome challenges.

Family Sessions are also a valuable treatment option we can offer at Thrive Academy. The risks and benefits are the same as if you are participating in individual or group therapy. If you schedule a Family Therapy Session with one of our providers, we ask that you keep that appointment date and time. If you cancel without notice or do not appear 3 times, this option will only be available to you on a "walk-in" basis and there is no guarantee that a provider will have the availability to see you at that time.

In addition to therapy, Thrive provides some emotional and behavioral testing. Our LCSW can complete Behavioral Health Assessments as needed to screen for some common disorders (such as depression, generalized anxiety, attentional disorders, etc.). These can impact an individual's quality of life, as well as their ability to succeed in school. If your child requires these services, you have a right to an explanation of the results (which may be either verbal or written). You may refuse these services for you/your child at any time.

Crisis Management Services are utilized on campus and are **not** voluntary. If a student wishes to harm themselves, others, or discloses that they have been or are being abused in any way, our Behavioral Health Team will handle these situations as follows.

If a student wants to hurt or kill themselves or hurt or kill someone else: A risk assessment will be completed when warranted. The results of the assessment will determine how we proceed.

- If the risk is high, you/your child may be contained in our safe room and will either be transported by our staff or EMS to OLOL for a Psychiatric Evaluation by a Doctor. A guardian will be contacted as soon as things are stabilized enough to allow us to do so.
- If the risk is moderate, the guardian will be contacted to collect the student to take them for an evaluation by their PCP and can return to campus once a medical professional releases them. If the guardian refuses or is unable, our staff or EMS will transport the student to OLOL.
- If the risk is low, the guardian will be contacted and we will express our concerns and develop a safety plan that allows the student to be observed and stay on campus.

If a student discloses that they have been abused or are currently being abused: As mandated reporters everyone on campus is required, by law, to make a report of suspected child abuse. If someone on campus or one of our Behavioral Health Team members suspects abuse a report will be made to DCFS and/or Law Enforcement. Depending on what is disclosed to us will depend on if we inform the guardians of the report. We are not required to inform the family if a report is made or who made the report.

CLIENT RECORDS

Records and treatment plans are kept on students who participate in regular therapy sessions. You are allowed access to you/your child's records if you want **unless the Behavioral Health Provider believes that seeing them would interfere with treatment**. This is done by scheduling an appointment with the provider and going through the records together to ensure there are no questions or concerns. Copies of records can be obtained if needed, with appropriate signed release of information forms. The client must also consent to us sharing their

records (unless it pertains to a safety issue).

CONFIDENTIALITY

In general, the law protects the privacy of communications between a client and a Clinician/Behavioral Health Provider. You/Your child's treatment information will only be released to others with written permission, However there are a few exceptions as follows:

- THRIVE's BHP's follow the confidentiality guidelines of the Family Educational Rights and Privacy Act. FERPA allows schools to disclose those records, without consent, to the following parties or under the following conditions (34 CFR § 99.31): School officials with legitimate educational interest; Other schools to which a student is transferring; Specified officials for audit or evaluation purposes; Appropriate parties in connection with financial aid to a student; Organizations conducting certain studies for or on behalf of the school; Accrediting organizations; To comply with a judicial order or lawfully issued subpoena; Appropriate officials in cases of health and safety emergencies; and State and local authorities, within a juvenile justice system, pursuant to specific State law.
- For students who require Behavioral Health Services as part of their Individual Educational Plan (IEP), Clinicians must share necessary information with the student's insurance provider to access, document, and bill for services.
- THRIVE's campus has cameras in all classrooms, most common rooms, stairwells, and most outdoor areas. There is no way to guarantee confidentiality when students are in these areas with our BHPs. Certain personnel on campus may have access to this footage, and the footage can be stored up to 7 days. Sensitive information should only be shared in the Clinician's private office. Clinicians will make every attempt to remind students they could be on camera and offer a private space for sessions.
- In the event of a crisis that would require Crisis Response Services, confidentiality may be broken to ensure student's safety. Information may be shared with necessary response teams including necessary school personnel, Law Enforcement, DCFS, or OLOL.
- BHPs may contact you/your child via phone calls or text messaging using an unsecure THRIVE phone. This is done to ensure quality of care, check-in over the summer and long holidays, remind of upcoming appointments, etc. Records of the phone would have to be released if ever subpoenaed
- If you/your child's clinician receives a court order or subpoena signed by a judge for your child's records, the BHPs are required to disclose a copy of those records to the appropriate courts. This may include the BHP testifying in court about you/your child's treatment.

You agreeing to this information in Powerschool gives consent for your child to participate in any treatment recommended by our during the duration of your/your child's enrollment at Thrive Academy. If you have any questions or feel your child has specific needs you would like to discuss with our Director of Behavioral Health, please reach out. Our Director of Behavioral Health can be reached at Ctrice@thrivebr.org.