

Professional Disclosure

Welcome to Mindpath Health! We are honored to support you on your journey to better mental health. Our team of providers offers a range of services that include diagnostic assessment, medication management, interventional psychiatry (including TMS and Esketamine) and counseling. For your convenience, we offer telehealth and in-person visits.

With a focus on total health, Mindpath Health is meeting people where they are, guiding patients on their journeys, and empowering them to live their most fulfilling lives. Our providers are licensed in the states where they practice. Information about licensure can be found on each state's licensing board website. To learn more about our providers, please visit us at mindpath.com.

Your Patient-Provider Partnership

The relationship between you and your provider is a collaborative endeavor built on trust and mutual respect. Together, you play a vital role in creating a care plan unique to your needs.

We know discussing difficult experiences can be uncomfortable. Your provider is here to create a safe space to promote your recovery and wellness. Open and honest communication with each other is key to building a successful partnership.

Because of the professional nature of this relationship, providers are prohibited from socializing with their patients. This includes following each other on social media. Sexual intimacy between a provider and patient is never appropriate. To protect patients and staff, we will not tolerate any verbal or physical aggression or harassment.

Beginning Your Journey

As a Mindpath Health patient, you or your child may receive clinical services from a psychiatrist, therapist, nurse practitioner, physician assistant, psychologist, counselor and/or social worker.

Your journey begins with meeting with your provider and discussing your concerns. By listening, asking questions, and taking notes, your provider will conduct a comprehensive clinical interview to learn more about you.

This initial assessment may be conducted over one or two sessions lasting up to 60 minutes each. With written consent, your provider may also request information from other health providers or schools to fully understand your needs.

Once the assessment is complete, your provider will provide a diagnosis and make treatment recommendations. You may also be referred to other health care providers according to your needs. Together, you and your provider will thoroughly discuss all options before agreeing on the best course of action.

Child Patients

We know parents and caregivers need to understand and be involved with their child's care. Just like adult patients, children and adolescents want to know they can trust their providers. Because of this, providers may keep their sessions confidential unless they feel your child or someone else is in danger. State-specific legislation may also apply and in the case of alternative custody arrangements you will need to provide appropriate guardianship or custody paperwork before proceeding with treatment. We encourage you to discuss with your child's provider how confidential information will be shared.

Medications

Our prescribing clinicians are committed to establishing collaborative, lasting relationships with their patients. The first visit with a prescribing clinician is an initial evaluation designed primarily for assessment and is not a guarantee of treatment or the prescription of medication.

Should you or your child consent to medication, your provider will monitor their effect during a series of follow-up sessions. During these sessions, your provider will work with you to gauge whether the medication is having its desired effect. At any time, you are encouraged to ask questions or raise concerns. Please note that some medications require blood work, EKG, or other tests to ensure they are safe for you to take.

Do not stop or change medication dosage without consulting your provider. Be sure to schedule regular appointments to ensure your medication can be refilled before you run out. Should you need a refill before your next appointment, please call your provider's office as soon as possible.

Therapy

Our therapists generally apply a Cognitive-Behavioral and Humanistic approach to therapy. Your therapist focuses largely upon encouraging patient responsibility in therapy, building a productive relationship with patients, creating a nurturing environment conducive to change, exploration of past events and how they continue to affect you today, analysis of underlying belief systems and their relation to inadequate functioning or hindrance to change, and implementation of specific emotional, cognitive, and behavioral techniques designed to aid in change toward specified goals.

Credentials and Qualifications: Our therapists hold a variety of licenses based on their education and training. We employ Psychologists, Marriage and Family Therapists, Clinical Social Workers, Professional Counselors, and other licensees qualified to provide therapy to patients.

Benefits of Therapy: The benefits of therapy can include: a higher level of functional coping, solutions to specific problems, new insights into self, more effective means of communicating in relationships, symptomatic relief, and improved self-esteem.

Limitations of Therapy: Progress in therapy can be limited by patients' failure to be transparent and open with their therapist or unwillingness to put in effort outside of visits.

Risks of Therapy: Just as medications may cause unexpected side effects, therapy can stimulate painful memories, unanticipated changes in your life, and uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. In some cases, a patient's symptoms become worse during the course of therapy, occasionally necessitating hospitalization. During the process of therapeutic change, it is not uncommon for patients to reach a point of change where they may feel they are different and no longer able to be the same person they were upon entering therapy. At times these feelings can be unsettling.

Meetings and Length of Therapy: Once we have agreed to work together, we will usually schedule one appointment every 1-2 weeks at a time we can agree upon. Sessions typically last between 50-60 minutes. Because our meetings are your time, you are expected to come to each session with a sense of what it is you would like to discuss or work on during that particular session. Length of therapy is quite variable based on client motivation, number and severity of issues to resolve, and work efforts outside of therapy sessions. On average, many people feel they have obtained what they were looking for in 10-25 sessions. For some it is fewer and for others it may require more time.

How To Reach Us

Where available, our patient portal is a convenient way to schedule and manage appointments, receive reminders, request medication refills, and send non-urgent messages to providers and staff. Alternatively, you can call your provider's office. Messages are returned within 72 hours, excluding weekends, holidays, or after business hours. Team members calling with appointment reminders will leave messages with the person responsible unless you request otherwise.

Should you have an urgent need after business hours, on weekends, or during holidays, please call your provider's office and follow the prompts. Your provider will make every effort to respond within 24 hours Monday through Friday, excluding holidays. In the event of an emergency, please call 911 or visit your nearest emergency room.

Requests For Substance-Use Disorder Treatment

Mindpath Health providers only provide treatment for substance use disorders in specialized programs. If you require substance use disorder treatment, please discuss options with your provider or reach out to your insurance plan for assistance in finding an appropriate treatment provider or facility.

Insurance

We accept many insurance plans and will submit in-network claims on your behalf. While we are here to assist with this process, ultimately it is your responsibility to determine whether your insurance coverage includes mental health services from Mindpath Health.

Please note: many insurance companies will not cover two appointments on the same day (for example, with a psychiatrist and a therapist). Should this occur, you may be required to pay for one of these visits out-of-pocket.

Unattended Children

Unattended children are not permitted in our waiting area. Unless your child is being seen by a provider, please do not bring children to appointments.

Forms And Disability Requests

Please notify your provider at the beginning of your session if you have forms for them to complete. Paperwork needs are reviewed by the provider and completed at their discretion. This is based on a patient's needs, which are determined during the assessment. Providers may need several sessions to gather the information needed to accurately complete the request. Medical records or paperwork requests may be subject to additional fees and are dependent on state standards. Patients can obtain this information from the front office.

Patients seeking treatment for the sole purpose of obtaining disability benefits are not accepted. Providers may agree to complete short-term disability paperwork on your behalf, although they are not required. A separate appointment may be required to discuss your needs.

No-Show And Late Cancellation

Appointments may be cancelled at least one full business day in advance without incurring a fee. After three late cancellations or no-shows your provider may terminate care. Late arrivals have an impact on your care, and should you arrive late for an appointment, your clinician may reschedule your appointment to ensure you have the time needed. Please discuss appointment policies with your provider. Pursuant to federal law, Medicaid-funded patients are not charged for late-cancellations or no-shows.

Termination of Treatment

In the event of termination of your treatment relationship with your Mindpath Health provider, you will be provided written notice of termination which will include information regarding continuity of care and how you may request a copy of your medical record or authorize us to release your medical record to another provider of your choice. Mindpath Health will maintain possession of your medical record following termination of your relationship with your Mindpath Health provider in the usual course, consistent with applicable federal and state laws.

By signing below, I acknowledge that I have read, understand and agree to this **Professional Disclosure**.

Patient Signature

Date

Print Name

Patient Date of Birth

If you are signing this **Professional Disclosure** as a parent, guardian or other legal representative of the patient, please indicate your authority to act on behalf of the patient and sign below.

- Parent Conservator Power of Attorney for Health Care
 Guardian Health Care Surrogate Executor / Administrator

Signature

Date

Name