

## **Notice of Privacy Practices**

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THIS NOTICE DESCRIBES HOW HEALTH INFORMATION MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

1. **MY PLEDGE REGARDING HEALTH INFORMATION:** I understand that health information about you and your healthcare is personal. I am committed to protecting health information about you. I create a record of care and services you receive from me. I need this record to provide you with quality care and to comply with certain legal requirements. This Notice applies to all of the records of your care generated by this mental health care practice. This Notice will tell you about the ways in which I may use and disclose health information about you. I also describe your rights to the health information I keep about you, and describe certain obligations I have regarding the use and disclosure of your health information. I am required by law to:
  - a. Make sure that protected health information (PHI) that identifies you is kept private.
  - b. Give you this Notice of my legal duties and privacy practices with respect to health information.
  - c. Follow the terms of the Notice that is currently in effect.
  - d. I can change the terms of this Notice, and such changes will apply to all information I have about you. The new Notice will be available upon request, in my office, and on my website.
2. **HOW I MAY USE AND DISCLOSE HEALTH INFORMATION ABOUT YOU:** The following categories describe different ways that I use and disclose health information. For each category of uses or disclosures I will explain what I mean and try to give some examples. Not every use or disclosure in a category will be listed. However, all of the ways I am permitted to use and disclose information will fall within one of the categories.

### **For Treatment Payment or Healthcare Operations**

Federal privacy rules (regulations) allow healthcare providers who have direct treatment relationship with the patient/client to use or disclose the patient/client's personal health information without the patient/client's written authorization, to carry out the healthcare provider's own treatment, payment, or healthcare operations. I may also

disclose your protected health information (PHI) for the treatment activities of any healthcare provider. This too can be done without your written authorization. For example, if a therapist were to consult with another licensed healthcare provider about your condition, we would be permitted to use and disclose your personal health information, which is otherwise confidential, in order to assist the therapist in diagnosis and treatment of your mental health condition.

Occasionally I may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name.

### **What happens if we see each other in Public**

If we see each other accidentally outside of the therapy office, I will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and I do not wish to jeopardize your privacy. However, if you acknowledge me first, I will be more than happy to speak briefly with you (as any lengthy discussions in public or outside the therapy office aren't appropriate).

### **VOICEMAILS**

Fawn to Fortitude Counseling & Wellness, PLLC has a confidential voicemail. Calling and leaving voicemail messages regarding scheduling is appropriate. If preferred, using the client portal to schedule/reschedule appointments is also available to clients. Voicemails shall NEVER be used as a crisis resource as it is NOT one.

The following ARE crisis phone numbers/resources:

1. 988 Suicide and Crisis Lifeline: call or text 988 (available 24 hours/day, 7 days/week)
2. Colorado Crisis Services: 1-844-493-8255 or text "TALK" to 38255 (available 24 hours/day, 7 days/week)
3. Local Walk-In Crisis Clinics in Colorado: <http://coloradocrisiservices.org/#map>
4. Veterans' Crisis Line: Dial 988, then press 1; or text 83-8255 (available 24 hours/day, 7 days/week)
5. Safe2Tell Colorado: 1-877-542-7233 (available 24 hours/day, 7 days/week) – support for children and adolescents
6. The Trevor Project Helpline: 1-866-488-7386; or text "START" to 678-678 (available 24 hours/day, 7 days/week) – support for LGBTQ+ community
7. The Blue Bench Sexual Assault Helpline: 303-322-7273 (English); 303-329-0031 (Spanish) (available 24 hours/day, 7 days/week)
8. NAMI National Helpline: 1-800-950-6264; or text "Helpline" to 62640 (Monday-Friday 8AM-8PM)

9. Denver Health Psychiatric Emergency Services: 777 Bannock Street, first floor, pavilion A, Denver, CO 80204 (available 24 hours/day, 7 days/week)

This Notice went into effect September 25, 2024.

BY CLICKING ON THE CHECKBOX BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD, AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.