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INFORMED CONSENT FOR TREATMENT AND SERVICES

Purpose of this Document.

This informed consent document describes the services provided by HD Reach and your (and/or your child's) rights and responsibilities as a client of HD Reach. It is important that you read and fully understand this document. If you have any questions about the services provided by HD Reach, alternatives to those services, or about your rights and/or responsibilities as a client of HD Reach, please ask a member of the treatment team or an HD Reach staff member.

HD Reach Services.

HD Reach provides assessment and treatment services to individuals in North Carolina, South Carolina, Virginia, and surrounding areas who are impacted by Huntington's Disease (HD). HD is a rare and incurable genetic disorder where people may experience behavioral and cognitive disturbances and involuntary movements. HD Reach provides education, care management, and psychosocial support services to help facilitate care for individuals and families impacted by HD. The services provided by HD Reach include the coordination of health care services, consultation, counseling, and treatment. Additional information on these services follows. More information about the HD Reach treatment staff is located in [Appendix A](#), which is attached to this consent form.

All individuals impacted by HD can receive services from HD Reach, including: individuals who are gene positive for HD, whether or not that have symptoms of HD; people with a family history of HD but who do not carry the gene for HD; people who are at-risk for HD; caregivers of individuals with HD; and the family or friends of anyone in one of these groups. Although the services provided by HD Reach are available to anyone impacted by the disease, unemancipated minors (under the age of 18) must have the consent of a parent or guardian to receive services. Minors are not eligible for genetic testing, but can participate in the At-Risk Decision Path as a member of the support team and may receive mental health counseling through HD Reach with the express consent of a parent or guardian.

HD Reach's services are based on the principal of empowering the client to control the treatment process to suit their needs and desires based on the guidance of the staff. Treatments are designed for the purpose of giving each client the tools they need to live their best life with HD. HD Reach provides counseling to build coping skills that build resiliency and connect clients to resources to enable a client to live well with HD. Guidance delivered by the treatment team is determined by their assessment of the client's current and future needs.

Your rights.

If you choose to receive services from HD Reach, you have the following rights:

1. You have the right to revoke your consent to treatment. You may accept, refuse, or stop treatment at any time. Withholding or withdrawing your consent will not affect your right to future care or treatment or cause the loss or withdrawal of any benefits to which you would be otherwise entitled.
2. You have the right to feel respected during treatment.
3. You have the right to a safe environment for treatment. The client and therapist might be, in the case of teletherapy, in different locations.
4. You have the right to express complaints and grievances regarding the nature or denial of service. If you have such a concern, talk to the HD Reach staff as soon as possible.

What is Expected from Clients?

When you begin to work with HD Reach staff you are making a commitment to attend each appointment. If you choose to stop treatment, HD Reach encourages you to discuss this decision with your social worker beforehand.

HD Reach reserves the right to discontinue treatment if you are unwilling to participate in a treatment plan that, in our judgment, is essential to a successful therapeutic experience. Examples are: recommendations for specific alcohol and drug treatment, medical examinations, evaluations for psychoactive drugs, or taking appropriate steps to insure safety in domestic violence situations.

It is HD Reach's full intention to help keep you safe during the treatment. While honesty and openness are valued in treatment and often aid in the therapeutic process, you do not have to answer any question or disclose information you choose not to reveal.

It is expected that you will exercise your own autonomy in making decisions in your life. The more you can share your thoughts and feelings about the processes involved in this decision-making, the more productively we will be able to collaborate on reaching your goals. HD Reach expect clients to make a commitment to treatment, to be available to attend scheduled appointments, to pay their fees on time and to communicate with HD Reach staff if they feel that something just isn't working well for them.

Office Procedures and Fees.

Appointments: HD Reach staff is available from Monday through Friday from 9:00 am to 5:00 pm with limited availability in the evenings and on weekends. You will need to contact the main office to set up initial appointments with a Patient Navigator.

Forms and Document Requirements: Prior to your first session you will be sent the following documents:

- Informed Consent Form (In-Person or Teletherapy)
- HIPAA Notice of Privacy Practices and Receipt of Notice
- Statement of Practices and Procedures
- Identification Verification
- HIPAA Authorization for the Release of Protected Health Information

You should review these documents carefully before your first appointment. If you have any questions about the documents, please contact HD Reach or you may discuss your questions at your first visit. However, the documents must be signed and returned to HD Reach before you receive services.

Technology Required for Teletherapy Sessions: Clients can access HD Reach's treatment professionals using real-time teletherapy. Teletherapy is where a patient and a mental health professional who are not located in the same room are connected to one another using an internet-based platform that allows the patient and provider to hear and see one another in real time. HD Reach uses a service called Doxy.me to provide teletherapy services. Doxy.me is a free, secure, HIPAA-compliant teletherapy program that can be accessed at <https://Doxy.me>.

To engage in real-time teletherapy, you will need to utilize a computer with: i) a web-camera; 2) a microphone; 3) either Google Chrome or Mozilla Firefox browser; and 4) a high-speed internet connection. Because of the slower communication speed and reduced audio-visual quality, it is not recommended that you participate in treatment via these applications using a smartphone.

Prior to your first teletherapy appointment, you should download and practice using Doxy.me (<https://Doxy.me>). You must access Doxy.me using the Chrome or Firefox browsers, which are available for download at no charge. Chrome, Firefox, and Doxy.me are all free services. Prior to your first session, you will be asked to give Doxy.me permission to access your camera and microphone. You must grant the program access to your camera and microphone to use the service. Once your session is booked, you will be sent a link to HD Reach's on-line waiting room.

Fees and Insurance: Please see the HD Paths description for a list of fees. You may obtain a copy of the fee schedule by contacting HD Reach at 919-803-8128 or online at www.hdreach.org. An invoice will be provided to you with the initial documents. Payment is due at the time HD Reach receives the completed and signed documents. Payment may be made by check, money order, or credit card. . Credit card payments may be made at www.hdreach.org/find-help/paths-payment.html.

At this time, HD Reach is not in-network with any insurance carrier and does not accept insurance as payment for services. HD Reach will, however, provide a receipt for you to submit to your insurance company for reimbursement of your fees. HD Reach cannot guarantee that your insurance company will cover (i.e., reimburse you) for these fees.

If you need to change or cancel an appointment HD Reach requests you notify us at least 24 hours in advance of your scheduled time. Clients who miss their scheduled appointments or who do not provide at least 24-hour notice will be charged a \$15 fee.

If you decide to terminate your treatment with HD Reach, you will not incur any new financial obligations after the end of your treatment but will remain responsible for any fees incurred before you decided to terminate treatment.

Potential Risks of Treatment.

There are risks and benefits associated with the any treatment, including the therapy and consulting services provided by HD reach. While HD Reach hopes that you will benefit from our services, there is no guarantee that you will benefit. Our services do not hold significant risk, but treatment may bring about times during which you may temporarily feel more anxious or upset. HD Reach strongly urges you to make a commitment to attend each of your appointments especially during these times. There will be times when you won't feel like meeting with HD Reach staff; this is very normal and may be these very times during which you can make the most of the treatment. You may reevaluate and raise questions about your work together with the HD Reach staff at any time. In addition, if your social worker believes that you would be better serviced by receiving another form of therapeutic service not offered by HD Reach you may be referred to a healthcare provider who can provide such services.

Additional potential risks of treatment include, but are not limited to:

- You may not experience improvement or movement toward achieving your goals. If progress is not being made you or HD Reach may decide to change your treatment, discontinue treatment, or refer you to a different type of therapist, specialist, or program.
- Some feelings or behaviors may get worse. For example, if you talk about a very upsetting life event you may experience strong negative thoughts and emotions or a belief that things will never get better. The intensity of these thoughts and feelings is usually temporary. Discussing these with the HD Reach staff is often an important part of treatment and they will help you identify ways of handling them.
- Important people in your life may not support your decision to be in treatment. If you are concerned about others' reactions tell HD Reach. We can then discuss how and to whom you wish to disclose that you are in treatment.
- If you apply for a job that requires a security clearance, an in-depth background check may be conducted, and your mental health treatment history may be cited as grounds for denying you employment or advancement.
- You may develop strong positive feelings for the people you work with at HD Reach and/or feel sad or distressed when treatment ends. A trusting therapeutic relationship is a vital aspect of counseling that enables clients to be able to discuss personal thoughts, feelings and experiences; however, it is never appropriate for the client/counselor relationship to become romantic.

We strongly encourage you to discuss any fears, concerns, or doubts you have with your HD Reach Patient Navigator or other staff member, including specific risks and benefits not listed that may be associated with your situation.

Additional Risks Associated with Teletherapy: If you receive therapy using teletherapy through Doxy.me, there may be additional risks associated with the services provided by HD Reach. Because it is relatively new, there is not a lot of research indicating that teletherapy is an effective means of receiving treatment. Therefore, it is important that you are aware that teletherapy may or may not be as effective as in-person treatment and you and HD Reach must

pay close attention to your progress and periodically evaluate the effectiveness of this form of treatment.

After-Hours/Emergency Situations.

HD Reach does not provide emergency services, after hour crisis management, direct medical care, or medication management of symptoms. HD Reach recommends that all clients develop a treatment relationship with a healthcare provider who can provide emergency and medication services. If you are in an emergency, please call 9-1-1 or have a safe person get you to the closest hospital as soon as possible. You can also contact the Nationwide Hotline: 1-800-SUICIDE or 1-800-273-TALK (8255).

Minors.

Consent of all parents or guardians with legal custody is required for treatment of minors (under 18). Exceptions are made for those minors who are legally emancipated (and can show proof) or whose safety is at risk because of child abuse or immediate danger of serious harm to themselves or others, and where the risk may be reduced by immediate treatment.

Code of Ethics.

HD Reach staff are required by law to adhere to the Code of Ethics set forth by the licensing bodies located in the states in which they practice as well as those codes enacted by the National Association of Social Workers and the American Medical Association with Special Annotations for Psychiatry. Copies of these codes are available online and may be amended from time to time.

Privileged Communication.

By law and professional ethics, your sessions are strictly confidential. Generally, no information will be shared with anyone without your written permission. If you are seeing another therapist or health professional, it may be necessary for HD Reach to contact that person so that we can coordinate our efforts. If this is necessary, HD Reach will ask for your verbal and written permission. In addition, some insurance companies (such as Social Security and long-term care) require periodic updates. HD Reach will only provide this information with your permission. There are however, exceptions to this confidentiality policy. These include:

- If you desire that HD Reach formally consult with other professionals in the community or share your HD Reach records with another healthcare provider or another individual, you may request that HD Reach release your records to any individual you choose. An authorization is available for you to sign if you wish for HD Reach to release your records to another professional or third party.
- Any reasonable suspicion of child or elder abuse or neglect, physical or sexual, is required to be reported to the appropriate state authorities. Ideally, therapists and clients should make that report together.
- In an effort to protect you from self-harm or from harming other people.
- If your records are subpoenaed by a court of law.
- Certain claims for payment may require access to your psychotherapy notes from HD Reach for the purpose of validating your claim. For instance, short-term disability claims, long-term disability claims, worker compensation claims, social security disability claims, and automobile liability that includes coverage for medical payments,

may require that HD Reach submit your psychotherapy Notes for the purpose of validating applicant's claim.

- When questions arise regarding worker & workplace safety, OSHA regulations take precedent over HIPAA protections, as they pertain to Psychotherapy Notes.

In any circumstance in which HD Reach is compelled by law to disclose your protected health information, HD Reach will disclose only the minimum amount of Personal Health Information (PHI) necessary to comply with the law.

Terminating Treatment.

You have the right to pause or to terminate your treatment at any time without permission or agreement. However, if you do decide to exercise this option, HD Reach strongly encourages you to talk with them about the reason for your decision in an appointment so that we can bring sufficient closure to our work together. In closing sessions, HD Reach staff can discuss your progress thus far and explore ways in which you can continue to utilize the skills and knowledge that you have gained through your treatment. We can also discuss any referrals that you may require at that time.

Social workers are ethically required to continue therapeutic relationships only so long as it is reasonably clear that patients are benefiting from the relationship. Therefore, if HD Reach believes that you need additional treatment, or if they believe they can no longer help you with your problems they will discuss this with you and make an appropriate referral.

[Signature Page Follows]

I have read the Informed Consent for Treatment and Services of HD Reach and have had an opportunity to ask questions and have had all of my questions answered. My signature below indicates my full informed consent to receive the services provided by HD Reach.

Client Name: _____

Signature: _____

Date: _____

Appendix A

Qualifications of HD Reach Treatment Staff

Please note that the following list of professionals is subject to change. For a current list of HD Reach staff and treatment personnel please refer to the HD Reach website at <https://www.hdreach.org/about/staff.html>.

Craig Chepke, MD, FAPA: Dr. Chepke has a Doctor of Medicine degree from New York University School of Medicine. He completed his residency in psychiatry at Duke University. He is Board Certified by the American Board of Psychiatry and Neurology and is a Fellow of the American Psychiatric Association. He holds License Number: North Carolina 2009-00088 as a physician granted by the North Carolina Medical Board, 1203 Front Street, Raleigh, NC 27609-7533.

Bonnie Hennig-Trestman, LCSW, DSW: Dr. Hennig-Trestman has a Master of Social Work Degree from Boston University and a Doctor of Social Work Degree from Capella University. She holds License Number: Connecticut 002932 as a Licensed Clinical Social Worker granted by the Connecticut Department of Public Health Social Work Licensure, 410 Capitol Avenue, MS #12 MQA, PO Box 340308, Hartford CT, 06134; License Number: North Carolina C00111371 as a Licensed Clinical Social Worker granted by the North Carolina Social Work Certification and Licensure Board, PO Box 1043, Asheboro, NC, 27204; and License Number: Virginia 0904010122 as a Licensed Clinical Social Worker granted by the Virginia Board of Social Work, Department of Health Professions, 9960 Mayland Drive, Suite 300, Henrico, VA, 23233.

Katherine Sherry, LCSW, LISW CP: Ms. Sherry has a Master of Social Work Degree from Hunter College. She holds License Number: North Carolina C010873 as a Licensed Clinical Social Worker granted by the North Carolina Social Work Certification and Licensure Board, PO Box 1043, Asheboro, NC, 27204. Her licensure information for South Carolina is as follows: LISW CP (licensed independent social worker clinical practice) License number 13281 South Carolina Department of Labor, Licensing and Regulation, Board of Social Work Examiners. PO Box 11329 Columbia, SC 29211-1329.

Robert Trestman, MD, PhD, LFAPA: Dr. Trestman has a Doctor of Philosophy and Doctor of Medicine from the University of Tennessee. He completed his training in psychiatry and neurobiology at the Mt. Sinai School of Medicine in New York City. He is Board Certified by the American Board of Psychiatry and Neurology and a Lifetime Fellow of the American Psychiatric Association. He holds License Number: Virginia 0101262060 as a physician granted by the Virginia Department of Health Professionals, 9960 Mayland Drive, Suite 300, Henrico, Virginia 23233. He holds License Number: North Carolina 2020-00450 as a physician granted by the North Carolina Medical Board, 1203 Front Street, Raleigh, NC 27609-7533.

License verification for all treatment staff is also available online.