

BUSY BEE PEDIATRICS
BEHAVIORAL HEALTH SERVICES DISCLOSURE

This document contains important information about our behavioral health services and patient rights. Please read it carefully. We are available to answer any questions or concerns that you may have.

DESCRIPTION OF BEHAVIORAL HEALTH SERVICES

As a clinical psychologist, with specialization in pediatric psychology, Tara Sharifan, PsyD offers behavioral health evaluation and treatment for children, adolescents, and young adults presenting with a wide-range of concerns.

Procedures

Once you have requested a behavioral health appointment, Busy Bee Pediatrics will help schedule an initial evaluation at a mutually agreeable date and time with our psychologist.

- ✓ Initial behavioral health appointments last approximately 60 minutes. The initial appointment involves gathering information about your child, finding out about your concerns as well as establishing a plan for treatment. Depending on your concerns and your child's needs, you may be scheduled for a follow-up behavioral health appointment at Busy Bee Pediatrics or you may be referred to another mental health provider in the community.
- ✓ If follow-up behavioral health care services will be continued at Busy Bee Pediatrics, further follow-up appointments will last approximately 30 minutes. Typically, it is anticipated that the duration of behavioral health treatment(s) offered at Busy Bee Pediatrics will average from 4 to 12 sessions. If it is determined that your child will need ongoing further therapy, Tara Sharifan, PsyD will help find and coordinate an appropriate referral in the community.

Treatment Approach

Tara Sharifan, PsyD practices primarily from Behavioral and Cognitive-Behavioral counseling therapy models. These behavioral and emotional models have strong evidence bases for effectively treating a variety of behavioral health concerns. Interventions often involve working with the child, parent/caregiver(s), or some combination depending on the presenting concerns and goals identified. You and/or your child will often be asked to practice specific skills or strategies in between appointments to help generalize progress.

Treatment Considerations

Behavioral health treatment has both risks and benefits. Risks sometimes include experiencing uncomfortable feelings like sadness, anger, or anxiety. Treatment can often involve talking about unpleasant aspects of a person's history and behavior. Yet, treatment has been shown to have benefits for those who undertake it. It often leads to a significant reduction of feelings of distress, better relationships, and problem solving. Unfortunately, there are no guarantees for partial or complete improvements.

PATIENTS' RIGHTS

- ✓ Patients have a right to ask questions concerning the findings of their evaluation and treatment and the right to raise questions about the clinician, the therapeutic approach, and the progress made at any time.
- ✓ Patients have a right to seek a second opinion and to receive referral to another clinician.

CONFIDENTIALITY

In general, the confidentiality of all communication between a patient and a psychologist is protected by law. Our office can only release information about Tara's therapy work to others with your written permission. However, there are a number of exceptions to this, which are as follows:

- ✓ **Minors**: Utah state law provides parents/legal guardians with the right to examine treatment records for any un-emancipated individuals under 18 years of age. It is our policy for our psychologist to request an agreement from a minor's parents that, outside of circumstances pertaining to safety, they consent to protect the minor's confidentiality and privacy if that minor child is at least 13 years of age. If the designated minor agrees, our psychologist will provide the minor's parents only with general information on how the treatment is proceeding and recommendation for how they can support their minor child's process. The exception is if our psychologist feels that there is a high risk that the minor will seriously harm themselves or someone else, in which case, our psychologist will notify the minor child's parents of their concern. Before giving information, our psychologist will discuss the matter with the minor child and will do their best to address any objections that may be discussed.
- ✓ **Harm to self or others**: Busy Bee Pediatrics' psychologist is/are legally required to take action to prevent others from harm, even though that may require revealing some information about a patient's treatment. If our psychologist has reason to suspect that a child, teen, elderly person, or other vulnerable person is being physically abused, emotionally abused or neglected, they (or any of our clinical staff) are required by law to file a report with the appropriate state agency. If our psychologist has reason to believe that a patient is threatening serious harm to another, they are required by law to take protective action, which may include notifying the potential victim, notifying the police, or seeking appropriate hospitalization. If a patient threatens to harm himself/herself, our psychologist may be required to seek hospitalization for the patient, and if the patient is a minor, to contact the family members or others who can provide protection. These situations are

rare; however, should such a situation occur, our psychologist will make every effort to discuss it with the child, patient and/or parent/guardian before taking action.

- ✓ Utah Age of Consent Laws: Our psychologist is required by Utah law to report non-consensual sexual intercourse and activity. Utah law states that any sexual intercourse or activity under age 15 years is considered non-consensual. For individuals 16 and 17 years old, sexual intercourse or activity with individuals 10+ years older is considered non-consensual. Again, these situations are rare, and our psychologist will make an appropriate effort to discuss the reporting process with the patient / client before taking action.
- ✓ Professional consultation: As a clinical provider at Busy Bee Pediatrics, Tara Sharifan, PsyD. may discuss aspects of treatment with your (or your child's) primary care provider. When doing so, Busy Bee Pediatrics providers follow a practice of sharing the minimum amount of information necessary to enhance care. At times, our psychologist may also seek consultation with other behavioral health professionals in order to provide quality service. In these situations, every effort is made to avoid revealing any patient identity. The consultant is also legally bound to keep the information confidential. Unless an objection is made, our psychologist may not explicitly inform you about these consultations unless it is felt to be important for working together.

CONTACTING OUR BEHAVIORAL HEALTH SPECIALIST

If you need to reach our psychologist Tara Sharifan PsyD. between appointments, please call our main office at (801) 292-1464 or contact her via your secure medical portal. Our psychologist will attempt to return all messages within 48-72 hours.

If you have an emergency or are in a crisis situation (during or after office hours): Call 9-1-1; Contact the University Neuropsychiatric Institute (UNI) Crisis Line at 801-587-3000; or go to the nearest emergency room.

_____ * My initials here indicate that I have read the above statements and understand the communication and emergency / crisis policies.

APPOINTMENTS

Appointments are scheduled at our office or over the phone. Appointments are typically 60 minutes for initial evaluations and 30 minutes for standard follow-up sessions. Your appointment slot begins at the scheduled appointment time, not when you arrive. If you are more than 15 minutes late for an initial appointment or more than 10 minutes late for a follow-up appointment, you may be asked to reschedule.

- ✓ Due to high demand for our behavioral health appointments, if any appointment is cancelled with less than 48 hours' notice prior to the scheduled appointment time, or if you do not show up for a scheduled appointment, **I understand my account will be billed a \$75 fee for that missed appointment.**
- ✓ Thus, once an appointment has been scheduled, it is expected that the appointment will be kept unless our office is provided at least 48-hour notice of cancellation (or unless it has been agreed upon that the appointment was unable to be kept due to circumstances beyond your control).
- ✓ I understand that insurance does not pay for missed appointments. Payment for any missed or cancelled appointments (as noted above) must be paid in full or have a payment plan instituted with a credit card on file before a new appointment can be scheduled.

_____ * My initials here indicate that I have read the above statements and agree to the policies and potential payments.

BILLING AND PAYMENT

- ✓ Busy Bee Pediatrics, Inc. will bill your insurance for any behavioral health services including initial evaluations, follow-up sessions and/or crisis appointments, if applicable. Any of these visit types are usually covered by behavioral / mental health insurance plans.
- ✓ In some cases, however, behavioral health services may not be a covered benefit, or your plan may only pay if you use certain counselors.
- ✓ We will bill you if your insurance does not cover these services or if your insurance company has determined any of these visits are considered an out-of-pocket expense.

_____ * My initials here indicate that I have read the above statements and agree to the policies and potential payments.

Signature: _____

Patient name (print): _____

Date: _____