

# Client Information Forms



## Payment and Appointment Policies

Napa Valley Counseling Center assists individuals, couples, and families in making more effective life choices through the process of professional counseling. In keeping with this commitment, we ask each client to read and complete the following forms before counseling begins. If you have any questions, please do not hesitate to ask your counselor. We consider it a privilege to serve you!

### Payment

Napa Valley Counseling Center is a not-for-profit corporation that exists to provide quality, Christian counseling services at a reasonable cost. We rely upon fees paid by our clients to provide salaries and services. All services rendered are the financial responsibility of the patient and not the insurance company. Our office will bill your insurance company as a courtesy. Your financial responsibility is to ensure that Napa Valley is paid for services rendered. If the client is a minor, the parent/guardian bringing the child to therapy is responsible for delivering payment at the time of service. If the client fails to follow through with payments, it is the ethical prerogative of the individual counselor to terminate counseling until the client's payments are current.

### Cancellations or Missed Appointments

Appointments must be cancelled **at least 24 hours** before the scheduled appointment time. Failure to cancel will be reflected as a missed appointment and fees will apply. It is worth noting that insurance companies will not reimburse for missed sessions. The only time this fee will be waived is in the event of an emergency or illness. Clients who fail to pay the fees for missed appointments will not be allowed to schedule future appointments.

#### **Missed appointment fees:**

First Occurrence: \$25 fee will be charged  
Second Occurrence: \$50 fee will be charged  
Third and Subsequent Occurrences: \$100 fee will be charged

### Telehealth Services

Napa Valley Counseling Center offers clients the opportunity to conduct certain services through electronic technologies. Telehealth involves the use of electronic communications to enable providers at different locations to share individual client information for the purpose of improving client care. Electronic systems used will incorporate network and software security protocols to protect the confidentiality of client identification and imaging data and will include measures to safeguard the data and to ensure its integrity against intentional or unintentional corruption.

IN CASE OF AN EMERGENCY, DO NOT ATTEMPT TO USE TELEHEALTH OR EMAIL. CALL 911.

### Insurance

Napa Valley Counseling Center and some of its counselors have contracts with insurance companies. Our office will file claims with your insurance company. Although we will file the claim, it is your responsibility to know the "Outpatient Mental Health Coverages" of your insurance policy (co-pay amount, number of sessions allowed, etc.). Ultimately, your account with this office is your responsibility regardless of insurance coverage.

# Confidential Client Information

The following information is designed to assist us in becoming better acquainted with you and in providing the help you need. All information is confidential and will remain in your file. No individual or institution will be contacted without your prior knowledge and permission. Thank you.

Today's Date: \_\_\_\_\_

I was referred by: \_\_\_\_\_

Pastor    Doctor    Insurance    Friend    Family Member    Other

## Identifying Information

Client Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Sex:  Male    Female   Marital Status:  Single    Married    Divorced    Separated    Widowed

E-mail: \_\_\_\_\_

Street: \_\_\_\_\_ Apt. or Suite: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Hm Ph: (\_\_\_\_) \_\_\_\_\_ Wk Ph: (\_\_\_\_) \_\_\_\_\_ Cell Ph: (\_\_\_\_) \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Children's Names & Ages: \_\_\_\_\_

\_\_\_\_\_

What is your primary personal support system? Check all that apply.

Spouse

Family

Church

Pastor or Priest

Close friend

Support or Recovery group

God

Other \_\_\_\_\_

*(describe)*

Occupation: \_\_\_\_\_ Where Employed: \_\_\_\_\_

I am a member and/or attend church at \_\_\_\_\_

I consider my level of church attendance or involvement to be:

Active    Somewhat Active    Inactive

## **Client Contacts**

Name:

Phone Number:

Relationship:

\_\_\_\_\_  
 Emergency  Guardian  Primary Care

(\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
 Emergency  Guardian  Primary Care

(\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
 Emergency  Guardian  Primary Care

(\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_

## **Insurance Information**

Name as listed on card: \_\_\_\_\_

Primary Insurance Company: \_\_\_\_\_

Member ID#: \_\_\_\_\_

Secondary Insurance Company: \_\_\_\_\_

Member ID#: \_\_\_\_\_

I HEREBY AUTHORIZE THE THERAPISTS OF NAPA VALLEY COUNSELING CENTER TO FURNISH INFORMATION TO INSURANCE CARRIERS CONCERNING MY TREATMENT AND I HEREBY ASSIGN THE THERAPIST ALL PAYMENTS FOR MEDICAL SERVICES RENDERED TO MYSELF OR MY DEPENDENTS. I UNDERSTAND THAT THIS AUTHORIZATION WILL REMAIN IN EFFECT FOR AS LONG AS MY DEPENDENTS OR I REMAIN A CLIENT.

Signature of client or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## **Payment Authorization**

Name on card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Billing Address: \_\_\_\_\_

\_\_\_\_\_

I HEREBY AUTHORIZE THE PRACTICE TO UTILIZE MY THIS PAYMENT METHOD FOR ANY BALANCES, INCLUDING LATE CANCELLATION AND MISSED APPOINTMENT FEES, WITHOUT ADDITIONAL AUTHORIZATION.

Signature of client or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## **E-mail and Telehealth Consent**

This form documents your consent to participate in email and telehealth services and provides guidelines regarding the use of such services.

**Cancellations and Missed Appointments:** All NVCC policies for cancellations and missed appointments are strictly applied to telehealth services. Please cancel all appointments 24 hours in advance to avoid fees.

**Email Use:** Email communications should be between the Clinic and an adult client 18 years of age or older, or the parent or guardian of a minor. Email communications are appropriate for administrative tasks only, such as the following types of transactions:

- Appointment scheduling
- Requests for resources
- Referrals

**Response Time:** Although Napa Valley Counseling Center will endeavor to read and respond with 24 hours to any email, we cannot guarantee that any email will be responded to within a particular period.

**Telehealth Software:** Napa Valley Counseling Center utilizes video conferencing host site, zoom.com. You will need a zoom.com account. You will receive an email from Zoom about scheduled appointments. The email will provide steps for you to follow to join the telehealth session. If the video conferencing software does not operate satisfactorily, you may opt to discontinue and resume the session over the telephone.

### **Expected Benefits:**

- Improved access to care by enabling a client to remain in his/her home, or other remote location.
- Obtaining expertise of a distant specialist.

**Possible Risks:** There are potential risks associated with the use of telehealth. These risks include, but may not be limited to:

- In rare cases, information transmitted may not be sufficient (e.g. poor resolution of images) to allow for appropriate decision making by the provider
- Delays in evaluation and treatment could occur due to deficiencies or failures of the equipment
- In very rare instances, security protocols could fail, causing a breach of privacy of personal health information
- In rare cases, a lack of access to complete health records may result in judgment errors

### **By signing this form, I understand the following:**

- I understand that the laws that protect privacy and the confidentiality of health information also apply to telehealth, and that no information obtained in the use of telehealth which identifies me will be disclosed to other entities without my consent.
- I understand that I have the right to withhold or withdraw my consent to the use of telehealth at any time, without affecting my right to future care or treatment.
- I understand that telehealth may involve electronic communication of my personal health information.
- I understand that I may expect the anticipated benefits from the use of telehealth in my care, but that no results can be guaranteed or assured.

I ATTEST THAT I HAVE READ THIS INFORMATION FORM AND THAT I UNDERSTAND THE CONDITION STATED ABOVE, AND I AGREE TO RECEIVE COUNSELING UNDER THESE CONDITIONS.

Signature of client or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## **Reasons For Seeking Counseling**

In your own words, describe why you are seeking counseling:

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**Current areas of concern:** *(Please check items applicable to you.)*

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Marital Conflict        | <input type="checkbox"/> Substance Abuse   | <input type="checkbox"/> Physical/Sexual Abuse | <input type="checkbox"/> Spiritual Concerns      |
| <input type="checkbox"/> Financial Stress        | <input type="checkbox"/> Eating Disorder   | <input type="checkbox"/> Depression            | <input type="checkbox"/> Chronic Health Problems |
| <input type="checkbox"/> Parent/Child            | <input type="checkbox"/> Sexual Addictions | <input type="checkbox"/> Anxiety/Panic         | <input type="checkbox"/> Grief/Loss              |
| <input type="checkbox"/> Other (describe): _____ |  |  |  |

**Please check any of the following that you have experienced in the last month:**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Depressed Mood  | <input type="checkbox"/> Difficulty Breathing    | <input type="checkbox"/> Difficulty Concentrating      |
| <input type="checkbox"/> Irritability    | <input type="checkbox"/> Disturbing Thoughts     | <input type="checkbox"/> Restlessness                  |
| <input type="checkbox"/> Anger Outbursts | <input type="checkbox"/> Reduced Appetite        | <input type="checkbox"/> Nightmares                    |
| <input type="checkbox"/> Insomnia        | <input type="checkbox"/> Loss of Interest        | <input type="checkbox"/> Dizziness                     |
| <input type="checkbox"/> Excessive Worry | <input type="checkbox"/> Suicidal Thoughts       | <input type="checkbox"/> Difficulty Making Decisions   |
| <input type="checkbox"/> Fatigue         | <input type="checkbox"/> Lack of Productivity    | <input type="checkbox"/> Excessive Fears               |
| <input type="checkbox"/> Guilt           | <input type="checkbox"/> Increased Heart Rate    | <input type="checkbox"/> Doing Something Over and Over |
| <input type="checkbox"/> Extreme Sadness | <input type="checkbox"/> Uncharacteristic Crying | <input type="checkbox"/> Weight Gain/Weight Loss       |

## **Previous Treatment**

Have you ever been under the care of a psychiatrist, psychologist, or other counselor?

- Yes       No

If yes, please briefly explain the nature of the problem, the diagnosis (if you know) and its duration:

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Have you taken any psychiatric medications in the past?     Yes     No

If yes, please list: Name of Medication:

Reason for Medication:

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## **Medical Information**

Family Physician: \_\_\_\_\_ Office Ph: (\_\_\_\_) \_\_\_\_\_

Currently taking any prescribed medications?     Yes     No

If yes, please list: Name of Medication:

Reason for Medication:

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# Confidentiality and Mandatory Disclosure



Counseling often involves sharing sensitive and personal information. In recognition of this, ethical guidelines, as well as the statutory laws of Arkansas, require that all interactions between a client and Napa Valley Counseling Center remain confidential. This includes your records, content of your sessions, and your appointment schedule. Our staff will take the utmost care to protect your privacy and confidentiality.

## **Exceptions to Confidentiality**

For most clients, no exceptions to confidentiality are made. But confidentiality is not absolute. The following is a list of the only exceptions in which our staff would disclose information regarding a client.

1. If a client requests in writing that information about their counseling be released and shared with a specific individual(s). A "Release of Information" form must be completed and signed by the client before this communication can take place. The client can specify what information can (and cannot) be released. These forms are available at our office.
2. If a client poses clear and imminent danger to themselves or to others, a mental health professional is legally required to report this to the proper authorities for the protection of the individual and the community.
3. If a client discloses that physical or sexual abuse or neglect has occurred to
  - a. a person who is under 18 years of age,
  - b. an elderly person, or
  - c. a mentally incompetent person,as a Mandated Reporter, the counselor is required by Arkansas law to report this information to the proper authorities.

The above information describes the limits of professional confidentiality in an individual and/or group session. By signing below, you are saying:

I ATTEST THAT I HAVE READ THIS INFORMATION FORM AND THAT I UNDERSTAND THE CONDITION STATED ABOVE, AND I AGREE TO RECEIVE COUNSELING UNDER THESE CONDITIONS.

Signature of client or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

# Privacy Practices of Napa Valley Counseling Center

This notice describes how health information about you may be used and disclosed. It also explains how you can get access to your information. Please review it carefully. The privacy of your health information is important to us.

## Our Legal Duty

We are required by applicable federal and state law to maintain the privacy of your mental health information. The federal Health Insurance Portability and Accountability Act (HIPPA), implemented in 2003, set a national standard for privacy of health information. Our office strictly adheres to the guidelines established by HIPPA, as well as all other state and federal laws pertaining to your privacy.

You may request a copy of our notice at any time. For more information about our privacy practices, or for additional copies of this notice, please contact us using the information listed at the end of this notice.

## Uses and Disclosures of Health Information

We use and disclose health information about you for treatment and payment purposes only. For example:

**Treatment:** In an emergency, we may use or disclose your mental health information to a physician or other healthcare provider for your protection and the protection of others.

**Payment:** We may use and disclose your mental health information to obtain payment from a third-party provider for services we provide to you.

**Your Authorization:** In addition to our use of your mental health information for treatment, payment, or healthcare operations, you may give us written authorization to use your health information or to disclose it to anyone for any purpose. If you give us an authorization, you may revoke in writing at any time. However, your revocation will not affect any use or disclosures permitted by your authorization while it was in effect. Unless you give us a written authorization, we cannot use or disclose your mental health information for any reason except those described in this notice.

**To your Family:** Family members will not have access to your mental health information unless you give us authorization or in case of an emergency. In the case of a minor, mental health information will only be released for the purpose of payment, scheduling, or an emergency, or for therapeutic purposes at the therapist's discretion. Only a custodial parent or legal guardian may have access to this information.

**Marketing Health Related Services:** We will not use your mental health information for marketing communications without your written authorization.

**Legal Subpoenas:** Your mental health records will not be released by an attorney's subpoena unless we receive written consent from you. When you were seen at Napa Valley Counseling Center with your spouse, records that pertain to your sessions as a couple cannot be released without consent from each individual.

**Abuse or Neglect:** We may disclose your health information to appropriate authorities if we reasonably believe that you, or a minor in your care, are a possible victim of abuse or neglect. We may disclose your mental health information to the extent necessary to avert a serious threat to your health or safety or the health of others. We may disclose your mental health information if we have reasonable cause to believe that you are the perpetrator of child abuse or neglect.

**National Security:** We are required by law to disclose to authorized federal officials mental health information that represents a threat to national security.

## Patient Rights

**Access:** You have the right to obtain copies of your mental health information and records. You must make a request in writing to obtain access to your mental health information. You may obtain your records by submitting a written request to your therapist.

**Disclosure:** You have the right to be informed of instances in which your mental health information or records were disclosed, if for reasons other than treatment or payment.

**Restriction:** You have the right to request that we place additional restrictions on our use or disclosure of your mental health information. We are not required to agree to these additional restrictions but if we do, we will abide by our agreement, except in the case of an emergency.

**Amendment:** You have the right to request that we amend your mental health information. Your request must be in writing, explaining why the information should be amended. We may deny your request under certain circumstances.

If you have any questions regarding this notice or our Privacy Policies, please contact:

Napa Valley Counseling Center  
1701 Centerview Drive, Suite 102  
Little Rock, Arkansas 72211  
501.224.0318



## Receipt of Notice of Privacy Practices Received

*You have the right to refuse this notice.*

I HAVE READ AND/OR RECEIVED A COPY OF THE NOTICE OF PRIVACY PRACTICES OF NAPA VALLEY COUNSELING CENTER.

Signature of client or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

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### FOR OFFICE USE ONLY

We attempted to obtain signed acknowledgment of our Notice of Privacy Practices, but acknowledgment could not be obtained because of the following:

- Individual refused to sign
- Communication barriers prohibited obtaining the acknowledgment
- An emergency situation prevented us from obtaining acknowledgment
- Other (Please specify): \_\_\_\_\_

\_\_\_\_\_  
(Signature of NVCC Staff Member)

\_\_\_\_\_  
(Date)



# Counselor Disclosure Information

## Sophie Myers, LCSW

### **General**

The following information is to give you an idea of my background and my view of the counseling process, as well as clarify administrative policies and inform you of your rights and responsibilities as a client.

### **Education/Professional Background**

I received my bachelors degree from Harding University in 2013. I took several years off to travel and immerse myself in other cultures around the world. I spent time in Wuhan, China doing mission work while working as an English teacher. After prayerful consideration, I entered the field of social work and earned my masters degree from UA Little Rock in 2017. I have experience with teenagers in acute placements, school-based and outpatient settings. I have experience working with clients experiencing depression, anxiety, self-esteem issues, relationship difficulties and communication challenges. I enjoy helping teenagers and young adults navigate their way through transitional periods, using a strengths-based perspective to help clients use the tools they already have, to improve their lives.

### **The Counseling Process**

I think laying the foundation of a healthy therapeutic relationship is key for success in the counseling process. I desire to create a calming, safe, nonjudgmental place for clients to feel completely at ease voicing whatever thoughts, feelings, and behaviors they may be struggling with. I recognize the honor it is for a client to share their story with me through the counseling process. I also encourage clients to be forthcoming in their concerns or specific needs if they feel as though we are not moving in the right direction.

### **Client's Rights and Responsibilities**

While I will always strive to offer services that are appropriate and in your best interest, it is your responsibility to determine whether the services are helpful. You have the right to end counseling at any time without moral, legal, or financial obligations other than those already accrued.

### **Acknowledgment**

By signing this disclosure and informational statement, the client acknowledges having been informed of his/her rights and responsibilities under regulatory laws for counselors in Arkansas, as well as the counseling process for this counselor. In addition, the client acknowledges reading and understanding the administrative policies for this counseling office.

\_\_\_\_\_  
Please print name

\_\_\_\_\_  
Signature of Client (or guardian)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Counselor

\_\_\_\_\_  
Date