

MLB Therapy, PLLC

Informed Consent to Professional Practices and Policies

My Professional Background

I received a Bachelor's Degree in Human Development with a Sociology minor from Binghamton University and then completed a Master's Degree in social work from the University of Buffalo. My clinical niches are two-fold. The first one includes working with children and families, with a focus on parenting as needed. The second clinical niche in my practice is working with adults who struggle with anxiety, depression or are struggling with a life event or transition of any sort. The diagnostic issues that I have experience in treating include: various mood disorders, depression, anxiety, developmental disorders in children (autistic spectrum and ADHD), school-related struggles, behavioral issues, substance abuse, etc. While I do have some experience in substance abuse, I always require that a client with significant dependency problems participate in concurrent substance abuse treatment such as 12-step groups or other substance abuse interventions with a separate provider.

Psychotherapy Practices

Therapy can be an overwhelming and yet exciting time for clients and families because of potential changes that may occur. There are no guarantees of perfect results in therapy, however the fact that you have made a conscious decision to pursue treatment is a positive indicator that increases the likelihood of reaching your goals. Therapy is a joint effort between the client(s) and the therapist to actively work towards change. I often give "homework" or tasks for clients to practice outside of therapy, which are intended to help you develop new behaviors and meet your treatment goals. In addition, I also may refer clients to outside services to help in this process. It is always your choice to follow through with referrals and whether or not to complete the "homework," however results may be affected accordingly. Therapy in itself is not always the most effective way to help clients meet their goals. Insights gained in the therapy room will need to be practiced in your natural environment. The goal in therapy is always for positive life changes. Possible risks from participating in therapy include, but not limited to, feelings of discomfort for everyone involved and things may appear to be worse before they get better. This can be expected as you work towards feeling comfortable being open and honest. With everyone working hard, positive changes can occur.

If you are using mental health benefits to pay for services, then services may be limited based upon any limitations set forth by your insurance/EAP provider.

There are, of course, no guarantees that you and your family will attain the results you are looking for. If at any point, you believe that the therapy process is not helpful, please let me know so that we can discuss your concerns. The therapist reserves the right to terminate therapy when it appears to be clinically appropriate to do so.

Family/Marital/Couples Therapy

When doing family/couples counseling, I attempt to maintain a neutral position in terms of support, with the goal of assisting in the development of a healthy relationship between family members. This helps ensure the most effective results for the family to accomplish their desired treatment goals. With this in mind, my approach to providing marital counseling is to only meet with the couple together and not to see each person individually. If a situation presents itself in which I am working with a partner individually, I will not keep secrets. This would jeopardize my role of being neutral, and it would not help the couple with keeping open lines of communication.

The same applies when I work with children/teens. If I am working with your child/teen and a parent should call me or speak with me individually, please know that your child/teen may be informed of the discussion details, to ensure a trusting relationship between myself and your teen/child.

Insurance Benefits

Please note that I am an out-of-network provider with insurance companies and am considered a preferred out-of-network provider with Tricare. Most insurance plans offer an out-of-network benefit package to which you can access this benefit. A sliding scale fee is not offered. Please follow your respective insurances policies to submit and collect your benefits. In doing this, please accept assignment to ensure you receive reimbursement and that it does not inadvertently get sent to MLB Therapy, PLLC.

“Good Faith Estimate” (GFE)

Under the law, health care providers need to give patients who don’t have certain types of health care coverage or who are not using certain types of health care coverage an estimate of their bill for health care items and services before those items or services are provided.

- You have the right to receive a Good Faith Estimate for the total expected cost of any health care items or services upon request or when scheduling such items or services.

Timeframes:

Scheduled # business days in advance	Within # business days after scheduling you can expect a GFE
At least 3	1
At least 10	3
Requested GFE	3 business days after requested

- If your actual fees are \geq \$400 more than your GFE from that provider/, you can dispute the bill.
- Save a copy or picture of your Good Faith Estimate and the bill.

For questions or more information about your right to a GFE call 1- 800-985-3059, visit www.cms.gov/nosurprises/consumers, or email FederalPPDRQuestions@cms.hhs.gov.

Electronic Devices

There is always a risk to information being collected when information travels through electronic devices. Voice-mail messages left on the MLB Therapy, PLLC are only retrieved by Michelle Bogdan, LCSW. A third-party clearinghouse is used to store your information, with the exception of your credit card information. The credit card information is only stored in paper form and is under lock and key with only Michelle Bogdan having access. Office Ally, said clearinghouse, is certified by Electronic Healthcare Network Accreditation Commission (EHNAC) (12/21/2011) and HNAP-EHN Accredited. Office Ally is also certified by CAQH for Real-Time Eligibility Transactions (4/9/2010).

E-Mail

E-mail is not considered a very safe method of communication and it can easily be tampered with, leaving clients’ PHI at risk for a HIPAA violation. For this reason, MLB Therapy, PLLC will not used e-mail to communicate with clients. The MLB Therapy, PLLC e-mail account is only used for the purposes of distributing initial paperwork to clients. A response will not be given to any emails sent to this address.

Confidentiality

Please refer to the form labeled HIPAA Privacy Practices to gather specific rights and limitation to confidentiality.

Supervision

I contract with a consultant to staff cases as needed. Your case may or may not be staffed with this supervisor. If I choose to staff the case, then only first names will be used to protect your privacy rights. Please let me know if you do not want me to staff your case and I will respect your decision.

I also participate in a peer supervision group consisting of five other mental health professionals. We rotate who staffs a case. Names are not used during case presentations.

Mental Health Emergencies

I do not provide 24 hours of services for mental health emergencies. Should a mental health emergency arise for you or a family member and the person is suicidal and/or homicidal, please go to the nearest Emergency Room Department or call 911.

By signing below you acknowledge your understanding of the above written information and are in agreement with the terms and therein.

Client Signature

Date

Parent/Guardian/Legal Representative Signature

Date